EFFECT OF YOGIC AND AEROBIC EXERCISE ON PHYSICAL, PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES OF HIGH SCHOOL STUDENTS

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INTRODUCTION

Another usual term for yoga is a state of union. The vast universe and the finite self are equal. We need to bring out the particularity this definition is.The main goal within the union must be held separately. There is however not any such division. You and all of creation are one. You are the mind that exists in the universe; even that claim is inaccurate. Not to bring you together, just to connect you is the ultimate goal for yoga. The goal of meditation is to awaken your inner nature and allow yourself to engage with it. It is also designed towards helping you discover how strongly you are an aspect of the higher self. A book named "Swami Satyananda Saraswati, 1981" emerges.

Yoga usually refers to as union. The limited self and the cosmic self are equal and oneness. We want to bring your up the fact that this definition is unique in some manner.The ends in mind of the union must be remained separate from those of each other. There really is nothing known as this separation. The universe and the individual are indivisible. Even the statement claiming you are the cosmic consciousness is incorrect. Yoga is designed to unify you, not to bring you together. Discovering your determine with the greater self provides an opportunity to know and reconnect with your inner nature presently there. A book labeled "Swami Satyananda Saraswati, 1981" is released.

Born in India, the art and science of sustaining physical and mental well-being is one of the longest and most colorful living traditions that continues to gain prominence in the 21st century. Yoga is a means for obtaining both physical and mental well-being and self-evolution. Our lives become richer through the math dimension. Examining the connection between attractiveness and health is one of the benefits of yoga.

The term "YUJ" in Sanskrit means "to yoke, link, or combine." To feel content, fit, and profitable in life, and to combine one's inner being with the the greatest, Physical exercise can be described as any organized activity that involves constant engagement and impacts every part of the body; this involves integrating or connecting the mental, emotional, and spiritual components of each individual body. Keeping self in condition helps.

Yoga based on the Vedas

The Veda method, referred to as "know-how" is Sanskrit, is a set of hymns and ceremonies that contain everything related to the evolution of the the universe. Regarded as divine revelation, the Vedas hold the oldest Yogic teachings that are currently known. Vedic Yoga is the term for Vedic teachings that centre on the objective of transcending mental limitations and achieving harmony between the sacred world and the material world.

For a chance to gain insight into how to live in celestial harmony and learn about the worldwide, Vedic humans of the time looked to rishis, or Vedic prophets.

The Brahmanas are works that were later produced as criticism on the Vedic hymns. The Aranyakas are manuscripts regarding procedures for Yogis, many of whom are Brahmanas, who live in silence in the forest.

Yoga that is not conventional

Pre-classical yogaThe Pre-Classical Yoga period spans approximately 2,000 years; the creation of the Upanishads marks the beginning of this period; they are a massive work containing over 200 scriptures that describe the concept of karma, the cycle of birth and death, moral causation from past actions, and the first mention of the Koshas (one of five coverings of the soul); these explain three subjects: the ultimate reality (Brahman), the transcendental self (Atman), and The Bhagavad-Gita was written about 500 B.C.E. and is a wonderful narrative about a discourse between God-man Krishna and Prince Arjuna. According to the Bhagavad-Gita, three components must coexist in our existence: Bhakti (devotion), Jnana (knowledge), and Karma (cause and effect).

Yoga as it is known today

The Yoga Sutra of Patanjali discusses the growth of traditional yoga over time. Patanjali is recognized by many as the father of yoga because his sutras provide yoga in a systematic clear way. Patanjali argues that the ultimate goal of yoga is to separate the spirit from the realm of the physical world, because everyone consists of matter and spirit, or Prakriti and Purusha,

respectively. In relation to Vedic and Preclassical Yoga, which call for the synthesis of matter and spirit, this is quite different.

Yoga in the modern day

In the past, yogis were more concerned with their physical bodies and more with meditation and meditation.

Origin of yoga

Additionally the word "yoga" suggests peace and tranquillity. This is likely owing to when the term arrived with The Sanskrit word "Yuj," whose meaning is "to connect or merge," is from where the word "yoga" begins. The self-union in the individual with cosmic awareness or universal energy is the union that is currently mentioned. You might achieve your objective about the backing of yoga.

Yoga has been proposed to have commenced in India during the 'Sat Yuga,' as well as Golden Age, some 26,000 years ago. The era in question came to be known for its perpetual tranquility, mass of blessings, and pursuing of the Eternal Truth. Given such, yoga is likely still tied to hermits and sages in current times.

The Positive Effects of Performing Yoga

Aerobic Workout

The definition of aerobic is "with oxygen to represent an idea," although the dynamics of the concept are more complicated than that. An advanced system of physiological supply and demand might be considered aerobic. In other words, the body requires energy for a variety of functions, and the requirement is satisfied by burning off the food ingested. Regardless of how widely the term "aerobics" is used, oxygen is the spark that fuel need to ignite. Cooper (1969) did, in fact, organise and define what fitness meant to a large number of people. He is generally acknowledged as one of the impetus for the current fitness craze. Aerobic workouts, according to the great majority of medical specialists, enhance the hearts.

The positive aspects of Aerobic Instruction

Strength training and aerobic exercise are both important for overall health, but they have distinct impacts on the body. The goal of strength training is to increase muscle development, strength, and density. Push-ups, lunges, sit-ups, and squats are examples of strength-training exercises. They are typically brief in duration and may include the use of weights or other resistance training equipment. Aerobics are calorie-burning activities that boost and maintain heart rate throughout each session.

Circulatory Health is comprised of your heart and the capillaries, arteries, and veins that move blood throughout your body. The term "aerobic" relates to how your body uses oxygen to generate adequate energy when exercising.

Benefits of Aerobic Exercise

A stronger and more functioning heart and lungs, more energy, physical flexibility, toned muscles, proper fat utilization, and effective calorie burning are somewhat merely a few benefits that come from aerobic exercise. A "reawakening" of the senses and an increase in energy may be noticed in anybody who renews due to the increased oxygen flow generated about vigorous physical activity. Gina Kolata.

Put another way, the heart pumps more blood with fewer beats, allowing the body to absorb more oxygen, resulting in a state of physiological balance. Your body can transfer and use oxygen efficiently when everything is in order. The centre of this entire system is your heart. Blood executing oxygen circulates through appropriate blood vessels every time you pulse.

Physical fitness and physical activity

The matter of what qualifies as physical fitness frequently expressed, nevertheless there is not a single accepted standard, thereby it always sparks conversation. To a doctor, physical fitness could be a synonym for getting in good health. You might compare physical fitness to having big, sticking muscles, such as a weightlifter. A health or physical educator might describe physical fitness as being able to finish a predetermined number of calisthenics or run 600 yards in a predetermined amount of time. In the framework of this definition, cardiovascular-pulmonary fitness—that is, having healthy blood vessels, heart, and lungs—is the sole indication

of physical fitness. This is the most essential type of fitness as these organs are vital to a person's life. The previously physiological advantages related to yoga include decreasing tension.

Description of the Issue

"Effect of Yogic and Aerobic Exercise on Physical, Physiological and Psychological Variables of High School Students" is the study's stated goal.

Aims of the research

- To find out the way yoga practise influences high school pupils. Physical growth.
- To assess where yoga exercise influence high school students' physiological growth.
- To assess how exercise impacts high school students' psychological growth.
- To comprehend how high school learners and their physical growth is affected by aerobic exercise.
- To explore how aerobic exercise impact high school students' physiology;
- To observe out the way aerobic exercise influence high school students' psychological development.

Research limitations

The only subject matter that the study discussed were the ones that follow:

• Methodological changes which include air temperature, atmospheric pressure, and the appropriate influence on the outcomes limited the investigation's subject matter.

• The living illnesses way of life, nutrition, personal schedules, history of family, and additional details of the respondents.

Hypothesis

- It was expected that yoga and aerobic exercise training would enhance high school pupils' physical, physiological, and psychological features.
- The Yogic Exercise was believed to improve flexibility.
- It was hypothesized that yogic yoga would result in the development of both muscular strength and muscular endurance.

- It was anticipated that the Yogic Exercise would improve agility.
- It is believed that the Yogic Exercise increases Vo2 Max.
- It was hypothesized that yogic activity would reduce resting pulse rate.
- Berth Holding is supposed to be promoted by the Yogic Exercise.
- The Yogic Exercise was considered to reduce stress.
- The Yogic Exercise was believed to reduce stress.
- It was anticipated that the Yogic Exercise would reduce aggressiveness.
- The findings of this study will aid physical education teachers, coaches, and trainers in their use of

The significance of research

• It was expected that adhering to yoga and aerobic exercise training would lead to improvements in the mental, physiological, and emotional traits of high school students.
• It was believed that doing the Yogic Exercise would promote flexibility.
• It was expected that adhering to yogic yoga would lead to developing of bigger and more resilient muscle groups.
• It was expected that agility might improve with the Yogic Exercise.
• The Yogic Exercise is believed to increase Vo2 Max.
• It was expected that performing yoga would lower the heart rate at rest.
• The Yogic Exercise is intended to foster berth holding.
• Yogic activities had been believed to help individuals feel less anxious.
• Initially it was believed the fact that working in yoga could reduce stress.
• It was believed that the Yogic Exercise could reduce enmity.
• The results of this study will benefit coaches, physical education instructors, and trainers in their use of players.

REVIEW OF RELATED LITERATURE

The researcher tirelessly attempted to compile a review of the literature applicable to her investigation, and she discovered that this chapter contains reviews of some of the studies that are similar to her own. A review of related literature is essential for obtaining an in-depth comprehension of the issue at hand. The researcher attempts to sum up the research on the effects of various forms of yoga and aerobic exercise in this chapter.

N. Akhtar (2021). It was looked into how practicing yoga influence several key psychological traits in female students. For this reason, forty female students in all were recruited. between 17 and 22 years of age The participants were divided into equal groups of twenty individuals each. The Sports Competition Anxiety Test (SCAT) and the Mental Toughness Questionnaire (MTQ) were used by the researcher to measure mental toughness and anxiety in order to achieve this goal. The study's anxiety findings demonstrated a significant variation, with the prior test mean values of 17.70 and post-test mean values of 18.30. The t-value which was gathered, 2.13, was greater than the value found in the table, indicating that there was no discernible difference in mental toughness. 51.60 for the the prior test and 52.20 for the post-test mean values, nevertheless

Jothimani (2020) conducted research on the impact of practicing yoga on specific physiological indicators in college-age female students. Thirty Sarada College of Physical Education students, aged 18 to 21, from Salem, Tamil Nadu, were recruited for this study, and the participants were allocated to two groups of 15 each. Systolic and diastolic blood pressure values were recorded before and after six weeks of exercise, five days a week.

Padmanathan V. did a study in 2020 to see how hata yoga practise affects high-density lipoprotein characteristics in tomato type males. The researcher picked 45 guys between the ages of 13 and 17 for the study in Tirunelveli, Tamil Nadu. The participants were randomly assigned to one of three groups: a control group, an aerobics group, and a Hatha yoga group. The aerobic training group exercised aerobically, whereas the Hata yoga group practised yoga asana and pranayama. There was no further training given to the Controlled group. The information acquired included age, gender, BMI, and body composition, and the high-density lipoprotein level was assessed using a high-density lipoprotein laboratory standard procedure.

In 2020, Padmanathan V. Researchers want to know how practicing hata yoga affects certain oxygen-consuming factors on high-thickness protein factors in young men who resemble tomatoes. An analyst randomly selected 45 young men between the ages of 13 and 17 from the southern city of Ti Tamil Nadu, for this examination. The selected subjects were divided into three equal groups: the control group, the vigorous preparation group, and the Afterwards, Hat yoga group. The group practicing Hata yoga has completed their yoga postures and breathing exercises practices, while the group practicing Vigorous preparation has completed their high-impact preparation. A controlled assembly provided no special training. Age, orientation, BMI, and body synthesis were all taken into account when gathering information. The normalized equation for high-thickness lipoprotein research center was used to determine the high-thickness lipoprotein.

The research conducted in 2020 by Sandeep Kaur and Kulwinder Buddy Singh Mahi examined the effects of specific yoga poses on the systolic and diastolic pulses of male college football players. A total of thirty male subjects, encompassing in age from 17 to many years, were chosen from Punjab University in Patiala for this review. The participants were divided into two equal groups: the benchmark group and the group that prepared for yoga. Long periods of time were spent gathering information. Systolic and diastolic circulatory strain tests were administered by the specialist throughout the preparation. The pre- and post-trial systolic circulatory strain mean and standard deviation were, respectively, 115.06, 11.71, and 87.6, 7.68 in the table qualities. There t score of 2.27 is more significant than the value in the table that follows.

The goal of Edosa Jabesa and GetuMosisa (2020) analysts' research is to investigate the way adaptability is impacted in female participants from high-impact seat step practice and yogic practice. Female members in the Wollega College people group administration were chosen as study subjects. An aggregate of sixty subjects were chosen at arbitrarily for this review. The subjects were divided into three groups, each with twenty subjects. Two of the three groups were deemed exploratory: the seat step heart-stirring exercise preparation bunch (G-II) and the yogic activity practice bunch (G-I). The residual gathering was not included in the mentioned above notice bunch; rather, it was approached as a controlled gathering. To measure

the subjects' lower and back (Hamstring) mussel adaptability, the specialists given sit-and-arrive tests.

Edosa Jabesa, Medhanit Belay, and Ginenus Fekadu (2019) explore the effect of specific yogic activity practice and seat-step heart-stimulating exercise preparation working on chosen physiological factors among female understudies at Wollega College. For this examination, 60 female understudies haphazardly chosen from Wollega College were considered as subjects. For this intercession Subjects were isolated into three gatherings each gathering comprises of 20 subjects. Out of three gatherings, two gatherings were considered as trial bunch I. e yogic activity practice bunch (G-I), and the seat step vigorous exercise preparing bunch (G-II) residual gathering was treated as a controlled gathering they were didn't permit to take part, and not got any unique preparation. the specialist mediation program was fixed for a long time as indicated by the timetable. For this point, specialists chose physiological factors are respiratory rate, breath-holding time, and resting pulse considered as reliant factors, and though yogic gathering and seat step vigorous exercise bunch were viewed as free factors. The review has presumed that physiological factors drawn that yogic practice gathering and seat step high impact exercise bunch shown critical improvement when contrasted with control bunch on decreasing respiratory rate, among the yogic gathering and seat step heart stimulating exercise bunch there is a slight mean distinction (0.50) was found. The yogic practice bunch and the oxygen-consuming gathering have shown huge contrasts in the progress of breath-holding time and the seat step vigorous exercise preparing bunch was viewed as fundamentally further developed preferably on diminishing pulse over the yogic practice bunch. the consequence of the current review uncovered that the trial bunches in particular, yogic practice gathering and seat step high impact exercise bunch had essentially worked on Respiratory rate, breath-holding time, and resting pulse among subjects after the ten weeks of preparation.

Shivanna R (2019) led a study on the effects of oxygen intake and yoga practise on physical, physiological, and mental aspects in Tumkur College athletes and non-athletes. For this test, 80 participants were divided into four groups, each with 20 subjects. Bunch I received yoga practise, Bunch II received oxygen-consuming preparation, Bunch III received both yogic activity and high-impact preparation, while Bunch IV received no preparation. The analyst used genuine wellness elements such as robust strength, powerful perseverance, body synthesis,

adaptability, and cardiovascular endurance. Resting pulse and breath holding duration are physiologically varied. Despite the fact that the data indicated that both yoga and the oxygen-consuming preparation group improved more than other groups.

Gomathi, P., and Rajam, A. (2019) examined the impact of yoga practice and consumption of oxygen on the mental and physical health of school-age girls. For this study, sixty teenage girls from Dindigul, Tamil Nadu, India's government upper optional schools were joined the military. Individuals were divided up into three groups, with 20 participants in each group. Three groups participated in the research: the trial group, that practiced yoga; the exploratory group, that engaged in unchanged oxygen use; and the control group, that did not participate in any sort of energetic or yoga-related tasks. For that reason, scientists have assessed both the real components of durability and flexibility as well as a survey on the psychological aspects of stress and anxiety. been used. The impact of yoga exercises and oxygen consumption on the physical and mental well-being of school-aged girls was investigated by Gomathi, P., and Rajam, A. (2019). For this research, sixty teenage girls were chosen from Dindigul, Tamil Nadu, India's government upper optional schools. The participants were split up into three groups, each consisting of twenty participants. Trial Group 1: This group practised yoga; Exploratory Group 2: This group engaged in oxygen-consuming activities continuously; Control Group 3: This group did not participate in any robust or yoga-related activities. Scientists have assessed the real dimensions of robustness and flexibility for this purpose, in addition to a survey on the psychological aspects of stress and anxiety. Been employed. The results table displays.

Anita Sharma and Rakesh Parihar (2018) looked to the way yogic intercession influence a school understudy's choice to choose true health according to their performance in school. A total of 200 male and female understudies compared to high school were chosen to participate as delegate participants for this point scientist. Examiners were separated into two groups: a trial bunch for yoga classes and a controlled bunch with an equal number of male and female understudies in each. The examiner expected measuring cardiovascular endurance and adaptability. The Aphid Genuine Wellbeing Test was employed, and the understudy's total marks to their previous year's classes were used to assess academic achievement. It was found that among secondary school understudies, cardiovascular endurance and adaptability have different

impacts on academic achievement. Lipoprotein levels have been determined using a high-density lipoprotein assay. Common practice in testing facilities.

Martin KP and Neeta Deshi (2018). Researchers must determine how yoga practises influence the mental well-being of younger individuals. For the current evaluation, sixty schoolgirls, ages fifteen to sixteen were randomly selected from Adharsha Vidyalaya School Pandavapura, Karnataka. Two identical meetings, each with thirty those involved, were chosen at random to within the attendees. Whereas Gathering one went through yoga practices, Gathering two got no additional instruction outside of their natural movement. The four-month program entails organizing mediation five days a week. When it was time for the preparatory intercession, information had been collected. Highlight The three of the mental factors analyzer questions that were selected were the board (SM), fearlessness (SC), and emotional well-being (MH). The outcomes demonstrated scores obtained from pre- and post-tests and post-test leads to for multiple mental health regulations indicate a significant difference, including the board (SM) (t=-52.5669, with a p0.05), the pressure at 5% significance, the emotional well-being (MH) of teenagers performing yoga (t=-54.2194, p0.05), and self-assurance (t=30.3062, p0.05). Lastly, the group performing experimental yoga has a greater impact on a couple mental aspects contrasted to the benchmark group of young female students.

Sanjayakumar (2018) looked into the effects of yoga and exercise on auxiliary pupils living at Vijayapaur's Sanganbasaveshawar School in the state of Karnataka, aged between the ages of 14 and 16 old. The participants were divided into a pair of experimental groups and one control group. Group I used yoga, Group II engaged in actual tasks, and Group III was used as the control group. For an amount of a year, the preparatory intercession term was five days per seven days; the analyzer collected data after the preparation time frame was completed. Prof. A. K. Singh and Dr. A. Sen Gupta evaluated pupils in optional secondary educational institutions anxious educational behaviors. It was found that performing yoga and truly becoming ready for the job reduced the nervousness related to the subjects.

In 2018, Savitri S. Patil and Rajkumar P. Malipatil carried out a study that assessed the influence of mild to intense exercise on the assertiveness of pupils enrolled in auxiliary classrooms. People in the trial, 14-year-old subjects at the Nathan Composite Junior School in Vijayapur, Karnataka, were chosen from 150 schools getting understudy. The subjects have been

separated into three groups of 15 years old each. Group I practiced yoga, Group II showed the preparation, and Group III worked as the control group, which was forbidden to take part in any additional preparation above their usual tasks. Evaluation was carried out on the subjects' capacity for firm interaction both before and after preparation. In the process of the arbitration There were fewer exploratory meetings during the preparation phase. the adamant way that performing yoga and other physical activities shows living a strict way of life. It was also discovered that, when it came to of power, the group performing real-life activities surpassed the group performing yoga. Finally, a fascinating difference between the yoga groups and the groups preparing for actual tasks was revealed by the outcomes.

Malik, Atul Kumar (2017). Has overseen investigations that looked into how yoga influenced male undergraduates' vital threshold for receiving an actual education. A total of fifty-two men, spanning in age to 19 to 22, took part in this assessment. A stage test was carried out to determine the oxygen intake limit for the VO2 max analyzer. Information had been collected throughout the physical preparation; ten weeks of intercession were allocated. The results of the study shown that the vo2 max mean information of male college understudies at the post-test (42.211.61) was significantly greater compared to the information at the pre-test (32.231.47), indicating that kept going yoga practise helps in pulling boundaries.

In 2017, Rajkumar and Savitri carried out an investigation that investigated how yoga and exercise influenced muscle compared to fat variables in secondary school students living in both urban and rural settings. For this assessment, 150 individuals in all were chosen, with 50 subjects between the ages of 14 and 16 causing up each group. Three groups were formed out of the subjects, as well as each group has a designated role. In contrast with the control group, that failed to take part in any prior actions outside of their set educational plan sessions, Provincial and Metropolitan subjects participated in yoga practices and real-life activities. In order attain this stage, investigators measured people's percentages of fat and muscle as they adhered to the prescribed preparation. The findings of the study suggest genuine exercise and the traditional practice of yoga

The purpose of Savitri S. Patil and Chandrappa N. (2017)'s research is to determine how yoga and exercise impact students' speed and cardiopulmonary endurance. It led to an intake of 150 individuals in total, aged 14 to 16. The scientists were divided up into three groups for 50

each. Group Three worked as a control group, getting no extra therapy, whereas Group One received yoga instruction and Group II engaged in physical activity. The intercession preparation took six days every seven days for an entire span of twelve weeks. The professional uses a leg instability test and a nimbleness test to assess power and preparedness in school-age understudies. The anticipated results the students' leg dangerous strength improved in yoga and physical exercise preparation.

An expert team headed by Kubedran (2017) gazes into where high school male football players' breath-holding duration is influenced by their participation in yoga and sand preparation. For the present research, 45 football players of men from various Madras College schools were selected at random. The subjects were split into three groups: benchmark group I, trial group II and yogic activity practice group 3. A total of five days in a week that this test prep program was scheduled for. The significance of the altered post-test result was assessed employing the Scheffe post hoc test, and the ANCOVA measurable technique was used to test the post-test mean distinction among the yogic practice collecting, sand preparation gathering, and control bunch. The findings depended on the idea that the yogic The male high school football players' breath-holding season proved significantly improved because of the activity group. Also it was thought that the group performing yoga postures had significantly more breathe is than the group getting ready for the excursion to the beach.

Divya (2017) oversaw a study of how yoga practice influenced physiological aspects in pupils studying in school. Forty understudies, ages 13 to long, from Alagappa Matric Higher Optional School in Karaikudi, Tamilnadu, were chosen at random for this evaluation. as the information for this mediation had to be gathered both before and after the yogic preparation, it drove a month and a half. The choice was taken to divide what was wrong into two distinct groups. Although Bunch I got ready in meditation and yoga, Gathering II received no preparation. The expert administered breath-holding duration and resting pulse before and during preparation time to collect data for this review. The data indicate that the pulse at rest mean difference is 5.25, and the t esteem is notably distinctive from The necessary table worth is less significant than the variables chosen (16.23). It discovered a significant difference with a resting pulse mean contrast of 12.81 and a t value of 11.07, each of which were greater than the table worth. The controlled recuperation didn't show significant differences between the selected

parameters. The evaluation found that school understudies' resting pulse and breath-holding duration were enhanced by typical yogic yoga procedures.

Kamatham Sivananda and Srinivasan (2017). A study is being carried out to assess the effect of oxygen-consuming preparation and yoga practise on middle-aged women's systolic circulatory strain. Who proved the instructor at a few schools in Ananthapuramu, Andhra Pradesh, India? 45 middle-aged female educators, varying in age compared to thirty years to 45, have been chosen at random for this study. Systolic pulse was considered as an indicator for the sake of this review. There were two groups of responders, each with 15 individuals. Group II received an oxygen-consuming preparation, Group III was provided an aerobic preparation, and Group I received the same treatment as the control group. Twelve weeks were allocated for preparation. Free variables had a variable effect on systolic circulatory strain. Making utilize Studying the covariance. The data suggested that the yoga practice's initial trial group (127.73, 128.68, and 129.13), the high-impact prepping group, and the benchmark group didn't show a statistically significant distinction. The benchmark, vigorous preparation, and yoga practice categories enjoyed post-test mean scores for 122.48, 122.23, and 127.23, respectively. as the f-esteem percentage was greater than the table value (4.37), a significant difference was identified. Also, exploratory conferences were improved. The findings demonstrated the yogic activity group outperformed the oxygen-consuming preparation group in terms of further developing systolic pulse, but the yoga practice group and the vigorous gathering outperformed the benchmark group in this regard as well.

In 2017, Rajkumar and Savitri set out to find out the ways yoga and exercise influenced secondary school students' resting beats. For this point, the analyst chosen 150 students from Vijayapura space private schools. Understudies among their years for sixteen and fourteen were picked as the subject of the study. Three groups, with a total of a total of fifty those who belong, emerged out of the understudies. While the remaining students performed controlled motions and performs that they were not supposed to be doing and were not more ready to participate outside of their set educational plan sessions, the initial group used poses from yoga. For a long amount of time, those taking part were given a six-day preparation week and given instructions to relax their heart rate when that was possible.

Investigators Rejinadevi and Ramesh (2017) gazed to how yoga practise influenced some key physiological variables in football players. Consequently, forty male b-ball players from Madurai, Tamil Nadu's S.V.N. School and Arul Amanda School were chosen at random. Age increased from seventeen to 25. The disadvantaged were divided into two equal groups of twenty people each. Although the control group obtained no guidance, the experimental group received the task of carrying out yoga poses. There was before and post-mediation data collection done for this 12-week mediation. Using a sphygmomanometer, the model factors determine the diastolic pulse and systolic circulatory strain. The results of the investigations show that the experimental group has made significant strides on specific requirements with regard to the exploratory achieving that occurred following twelve weeks of yoga practice. On the systolic circulatory strain, diastolic pulse, and diastolic pulse, the Yogic practices group performed greater than the other benchmark group. The sphygmomanometer strategy.

in 2017, Prashanth and Sivakumar assessed the impact of high-impact and yoga movements on particular physiological elements. For this, 45 mildly mature men in the age range from 35 to 40 years aged were chosen to Udupi town, Mangalore district, Karnataka state. They were split into three identical groups, with a total of fifteen attendees. Group I performed a yogic practice, Group II engaged in oxygen-consuming workouts, and Group three was used as the control group, which did not engage in any uncommon preparation. This survey got five days to get ready over a period of seven days, so that's an extremely long time. The subjects were monitored for indispensable limit and circulatory strain (systolic and diastolic) before and after the planning time span. Crucial limit was assessed.

On 2017, Prashanth and Sivakumar assessed the impact of high-impact and yoga practices on specific physiological elements. For this, 45 slightly mature men in the age range between 35 to 40 years mature were chosen to Udupi town, Mangalore district, Karnataka state. They were split into three comparable groups, each with fifteen attendees. Group I engaged in yogic practice, whereas Group II participated in oxygen-consuming workouts, and Group III was used as the control category, which wasn't involved in any unusual preparation. This survey took five days to get ready in a duration for seven days, which is a long period of time. The subjects were followed for indispensable limit and circulatory strain (systolic and diastolic) before and after the planning time span. Crucial limit was assessed. for people who perform yoga

effectively. In addition, a typical solid conduct pattern (15.21.8, 16.41.2), the capacity to truly value others (74.24.2, 74.33.8), and anxiety (22.32.1, 18.42.9). After preparation, the chosen components were assessed once more; the means for forceful conduct were 12.61.3, 13.71.1, and 14.61.3, according to the order. The certain attitude the individuals in the Yoga and Real Madrid Activity Professionals group acted much more swiftly throughout the preparation phase. On the other hand, the strong leadership at the Non-Expert gathering did not change. The data showed that the average score of the ability to fully comprehend someone was 86.15.1, 88.24.6, and 74.96.2, in that law and order. Participants in the group titled "Yoga and Actual Activity Professionals" showed an interesting capacity for greater comprehension of others. Rise. The On the other hand, there has been no appreciably significant move in the Non-Specialist group's capacity to comprehend individuals to their centre. The review's conclusions lead one to the view that performing yoga and getting physically fit may significantly improve one's ability over greater comprehension of others. Based on the data, the mean degree of unpleasantness was 18.42.9, 16.52.8, and 20.42.6 for yoga experts, actual activity professionals, and non-specialists, respectively. The participants in the Yoga and Actual Activity Specialists group were especially less nervous when the preparation period arrived. The Non-Professional organization's uneasiness did not, however, significantly change.

Scientist Jayachandran K. (2014) looked to the way yoga practises affected school understudies' physical, physiological, and mental limitations. A total of 38 understudies from Chidambaram, ranging within age from 14 to 16, were chosen for this purpose. The subjects were divided up into two groups, each consisting of 19 students: the equivalent group, the test group, and the control group. Every morning, two groups were assigned to physical work as a standard movement. The benchmark group did not prepare at all, while the trial group carried out scheduled yogasana work. This scientist dedicated eight weeks, five days a week, to preparation. The goal of the study is to assess physiological variables, including diastolic and systolic tension, breath-holding time frame, resting pulse, essential limit, and This study attempts to assess physiological traits such as mental state, systolic and diastolic tension, breath-holding time, essential limit, and resting pulse. The choice about criteria encompassed fearlessness, discomfort, and emotional well-being. The outcomes showed that all of the parameters were significantly better in the trial group, indicating that yoga practise enjoyed actual impacts on mental and physiological components. The sit and arrive test has also shown a significant

improvement, resulting in t esteem for 6.69, fearlessness at 6.08, and emotional well-being at 5.64. An improvement was identified despite the fact various elements were not followed down and the 50-meter run and critical limit in the benchmark group showed a notable improvement. The study suggests yoga.

Shamsher Singh (2014). The Effect of A few Yogic Methods on the Mental The elements of Children Which of the following Are Hard of Hearing and Deaf. A total of 100 understudies, aged fourteen to 20, visited for this review at the Mata Prakash Kaur Hearing and Discourse Impaired Government Assistance Centre Karnal and the Public Club School for Hard of Hearing, Ambala, Haryana. The trial group and the controlled group had been identical sections made for the understudy. The timetable suggests that the specialize intercession program was thus intended to last for an extended period for time. The expert administered the Psychological Wellness Battery survey to Arun Kumar Singh. The analysis showed that significant With regard to general change and close-to-home dependability, the trial groups differ, but there there's no discernible difference among security weakness and independence. In contrast to the mean scores derived upon the test, the control group focused on security fragility and independence. Yet again, not much changed.

Shamsher Singh (2014). The Effect of Certain Yogic Methods on the Mental Parts of Children What Are Hard of Hearing and Deaf. A total of 100 understudies, age 14 to twenty-one, were looked through for this review from the Mata Prakash Kaur Hearing and Discourse Impaired Government Assistance Centre Karnal and Community Club School for Hard of hearing, Ambala, Haryana. Similar distinctions emerged in the trial group and the control group for the understudy. The timetable indicates that the specific intercession program was therefore designed to last for an extended period about time. The expert administered the Psychological Wellness Battery survey for Arun Kumar Singh. The analysis demonstrated significant differences Regarding general change and close-to-home dependability, the trial groups differ, but there There is not a discernible distinction among security weakness and independence. In contrast to the mean scores got following the test, the controlled group focused on security fragility and autonomy was created by the artist Arun Kumar Singh. The research revealed a significant difference.

Molla Deyou, Sangeeta Rani, and Wondifraw M (2014). The goal of the research was to investigate the impact that yoga coupled with moderate-intensity aerobic exercise on female college students' cardiorespiratory and self-concept. The research project included a simple survey with no a control group. In all of the 35 people selected for this study, only 28 were able to finish the course of study. There was a training program that lasted eight weeks. For this purpose, the investigators examined assessments of cardiovascular wellness and self-concept; information were collected prior to as well as following training. Cardiovascular fitness was assessed via the Revised Janis-Field Self-concept Inventory Scale and the Rockport Fitness Walking Test. The findings showed that there were significant modifications in the people's cardiopulmonary capacity and self-concept. after completing workouts integrating moderate aerobic and the practice of yoga. The

The research published in 2014 by Jayachandran K. present kids in school to look into various physiological, psychological, and physical aspects of yoga work. A residential higher secondary school generated a total of 38 subjects that were chosen at random. Equal pairs of participants were established. While the experimental group took part in physical exercise alongside particular yoga asana perform for a half-hour every one morning and evening, the control group went through physical training. Physiological variables involve, yet aren't restricted to, vital capacity, diastolic and systolic challenges, airflow, respiratory rate, and resting heart rate. Although speed (50-meter sprint), explosive power (standing broad jump), flexibility (sit and reach test), and muscle strength (situps) are physical variables, mental health, self-confidence, and anxiety are psychological factors. The reveal The outcomes of doing yoga findings Although the control group showed significant improvement in speed and vital capacity but not in the other variables, the experimental group showed significant improvement in all measures. Finally, the mental, emotional, and physiological wellness of learners is impacted by yoga asana exercise.

Vasanthi (2013) gazed into the kneecaps for female university students to see if aerobic exercise and postures from yoga had any effect on particular physical characteristics. Thirty participants were divided into three groups with the goal to accomplish this: experimental group one done yogasanas, experimental group two obtained aerobic exercise rehabilitation for an hour, five days a week, for a period of twelve weeks, and the control group got no special training

above what they do every day. The participants lived within the dorms at Ponditury University and ranged in age from 20 to 25. Evaluation was carried out on flexibility and static balance either before or after the training. The results are examined using a covariance analysis. In line with the findings, the differences between static balance and flexibility were statistically significant.

Yoga's impact on aerobic capacity in male and female MBBS students was investigated by P. Doijad1, Prathamesh Kamble, and Anil D. Surdi (2013). 60 people in everybody, twenty women and forty men around their years of 18 and twenty, were chosen to take part in this assessment. The Astrand-Rhyming cycle ergometer test was used to measure every individual's VO2 max both before and after yogic exercise training. An expert oversaw the training that was held six days a week for duration of a year. The data was examined separately for males and females using the 'z' test. According to the data table, the daily practice the Yogic exercises, that include breathing exercises, pranayamas, and asanas, is meant for enhancing one's maximal oxygen consumption volume.

Vasanthi (2013) examined at knees to see if positions in yoga and aerobic exercise had any effect on certain physical traits in female university students. To accomplish this, thirty years subjects were divided up into three groups: experimental group one carried out yoga presents, experimental group two went through aerobic exercise five days a week for an hour, and the control group wasn't given any special training beyond what they do every day. Participants slept in Ponditury University dorms and varied in age from 20 to 25. Static balance and flexibility were tested both before and after the training. To examine the results, a covariance analysis is carried out. Flexibility and static balance have been shown to be statistically significant.

Anil D. Surdi, Prathamesh Kamble, and P. Doijad1 (2013) looked into how yoga shaped the aerobic capacity of MBBS students, either male or female. A total of 60 individuals, twenty women and forty men among the ages of seventeen and 20 were brought together for this assessment. Using the Astrand-Rhyming cycle ergometer test, each participant's VO2 max were determined either before and after meditation exercise training. Under the guidance of an expert, the training was conducted six days a week for an entire span of a year. The data for males and females were examined independently by applying the 'z' test. The data table indicates that the

goal of daily yogic exercises, including breathing exercises, pranayamas, and asanas, is to boost maximal oxygen consumption volume.

Chidambara S. Raja (2012) looked into how blood pressure, total cholesterol, and flexibility have been impacted by yoga practises. For this study, thirty male students, ages between the ages of 18 and 25, majoring in physical education and visual arts at Annamalai University were joined the military. Two equal groups of fifteen responders each got formed out of them as well. Group II functioned as a control group with no getting any extra training, whereas Group I used yoga. During the training phase of the study, measures were taken of blood pressure (both of which systolic and diastolic), flexibility, and total threshold. The sphygmomanometer was used to take the blood pressure and five milligrams of blood was extracted using the Beranger Mannhein Kit Method. The study found that the yoga practice group encountered enhancements in blood pressure and flexibility.

Rengasamy Dhanaraj (2012) Investigators gazed into how different postures from yoga and physical activity affected the Madurai Kamaraj University players' flexibility and cardio-respiratory endurance. A total of 150 test subjects were assigned at random to one of three groups: physical exercise, aerobic or control. It comprised a six-week study. The group participated in yoga activities suggested greater flexibility and cardio-respiratory endurance when compared to the control group**.**

The impacts of yoga and aerobic exercise on the physiological and physical characteristics of overweight schoolboys have been studied for Yokesh and Chandrasekaran (2011). In order to reach the goal, 60 overweight students from different Tiruchirappalli area schools, from 14 to 17, were chosen at random by the researchers. Three groups had been formed out of the students: the controlled group, the aerobic training group, and the meditation and yoga group. A total of twenty overweight individuals to each group got part in the intervention five days a week for an overall of twelve weeks of intervention. The subjects went through standard assessments on physical (abdominal muscle strength) and physiological (breath-holding duration) characteristics either before and after the intervention period. The pre-test averages for abdominal muscle strength were higher in the aerobic exercise (18.60), yoga instruction group (20.05), and control group (16.85) teams.

The "Effects of 6-week yogic exercises training on blood pressure" was investigated by Singh et al. (2011). The study was designed to look into the implications of training in specific yoga positions on blood pressure over the span of six weeks of practice. Over twenty male Amritsar, Punjab, individuals suffering from blood pressure in the ages about 30 and 50 participated in this study. Two groups of subjects, A (experimental: N–10) and B (control: N–10), were created. Five Asnanas and all three Pranayamas were part of a 6-week yoga exercise training regimen that the subjects in Group A went through. Each day for eight weeks, there will be 45-minute sessions in this program. Systolic and diastolic blood pressure was determined using the auscultator technique with a sphygmomanometer and stethoscope. The Post and Pre differences were examined employing the Student's t-test.

Gauri Shankar and Bhavita Pancholi. (2011) Studies have been carried out into the effects of Suryanamaskar and yoga practices on blood pressure, flexibility, resting pulse rate, and upper body muscle endurance. Eighty people in general, ages 18 to 40, were selected from Suman Deep Vidyapeeth University and broke into two groups: males and females. It was recommended that all participants carry out two 10-minute Suryanamaskar sequences every day, interspersed with a 5-minute rest period of time. The two-week course fled. The outcomes of the post-hoc analysis demonstrated that compared with the control group, the yoga group had significantly lower blood pressure, much higher flexibility, and more push-ups. Suryanamaskar lowers blood pressure, enhances upper body muscular endurance, and extends the hamstring muscles.

Saroja (2011) investigated into the way particular motor components and physiological variables were influenced in male college students via yoga, physical exercise, and a combination of both. Thirteen to twenty-three-year-old female college students from various colleges in the Sivagangai district in Tamilnadu, India, were chosen at random as study participants. The participants were split into four groups: yoga, exercise, yoga and exercise combined, and the control group. The first three groups practised pranayama, dhyana, yoga asanas, and physical activity for six weeks. Before and after the training, each subject got a pre- and post-test. Among the dependent variables was motor ability. We chose physiological variables and components (cardiopulmonary endurance, flexibility).

METHODOLOGY

Subject selection, factor selection, preparation techniques, exploratory plan, test selection, subject direction, pilot review, data gathering, test organization, and quantifiable procedure involved in the review are all part of the system used in the current research project.

Selection of Subjects

The review aimed to discover the "Effect of Yogic and Aerobic Exercise on Physical, Physiological, and Psychological Variables of High School Students." For the purpose of to accomplish this, it's three equal groups of fifty female secondary school students from Daulat Koti Government Secondary School in Vijayapura Locale, Karnataka state, ranging in age from thirteen to 17 were chosen at random as subjects.

The system embraced in the current exploration work is connected with the determination of subjects, choice of factors, preparing strategies, Exploratory plan, Choice of tests, direction of the subjects, Pilot review, assortment of information, Organization of the tests, and measurable procedure engaged with the review. Exploratory Gathering I, Trial Gathering II, gathering, and Control bunch are all types of gatherings.

Selection of variables

Before selecting elements for the current examination task, the agent reviewed the available major linked writing, spoke with experts in the field, and examined using the research guide. Before settling the elements, the scientist used the accessibility of approach in light of the information expert assessing practicality; unwavering quality and the effect of the outcomes were dealt with. The parameters considered for the current investigation include physiological and psychological.

Free Factors

Yogic Activity

Standing Asana

- Tadasana
- Vrikshasana
- Ardhachakrasana
- Trikonasan

Proline Asana

- Bhujangasana
- Dhanurasana
- Shalabhasana
- Makarasana

Prostrate Asana

- Naukasana
- Pawanamuktasana
- Sarvangasana
- Halasana

Sitting Asana

- Padmasana
- Vajrasana
- Pachimottanasana
- Shashankasana

High-impact Exercise

- Mambo Cha - Cha - Cha
- Essential Left
- Essential Right
- L - Step

- Grapevine
- I - Step
- V-Step
- Y - Step
- T-Step
- A - Step

Subordinate Factors

Actual Factors

- Adaptability
- Solid Strength
- Solid Perseverance
- Dexterity

Physiological Factors

- Vo2 Max
- Resting Heartbeat Rate
- Breath Holding

Mental Factors

- Tension
- Stress
- Animosity

Yogic Excises Training Programme
Experimental Group-I

Weeks	List of Yogic Excises	Duration	Rest	Total Duration
	Warm up			**6 minutes**
I to XVI	**Standing Asanas**			**48 Minutes (Yogic Exercises Practice)**
	Tadasana	120 Sec	60 Sec	
	Vrikshasana	120 Sec	60 Sec	
	Ardhachakrasana	120 Sec	60 Sec	
	Trikonasan	120 Sec	60 Sec	
	Sitting Asanas			
	Padmasana	120 Sec	60 Sec	
	Vajrasana	120 Sec	60 Sec	
	Pachimottanasana	120 Sec	60 Sec	
	Shashankasana	120 Sec	60 Sec	
	Proline Asanas			
	Bhujangasana	120 Sec	60 Sec	
	Dhanurasana	120 Sec	60 Sec	
	Shalabhasana	120 Sec	60 Sec	
	Makarasana	120 Sec	60 Sec	
	Supine Asanas			
	Naukasana	120 Sec	60 Sec	
	Pawanamuktasana	120 Sec	60 Sec	
	Sarvangasana	120 Sec	60 Sec	
	Halasana	120 Sec	60 Sec	
	Relaxation			**6 minute**
	Total			**60 minute**

Oxygen-consuming activity Preparing Project

Test Gathering II

Four months of Oxygen consuming activity preparing the plan:

The preparation comprises three stages: force:

- **Stage I - General warm-up and extending Low force (application 30-40%)**
- **Stage II - Preparing for explicit parts Moderate power (app40 - half)**
- **Stage III-warm down and extend Extreme focus (application 50-60%)**

SI No	Aerobic exercise steps	Time duration
	Warm up exercise and stretching exercises	10 minutes
1	Mambo Cha – Cha – Cha	5 minutes
2	Basic Left	5 minutes
3	Basic Right	5 minutes
4	Grapevine	5 minutes
5	L, I, Y,V – Step (Step work out)	10 minutes
6	T- step	5 minutes
7	A- step	5 minutes
	Cool down	10 minutes
	Total	60 minutes

Rest between exercises: 10 seconds

Rest between set of exercises: 60 seconds

Experimental design

The examination was designed as a before and post-test irregular gathering plan, with 150 female understudies divided into three comparable gatherings. Trial group I (N=50) participated in Yogic Activity, whereas trial group II (N=50) participated in Oxygen Consumption Activity. The planning period for an

exploratory gathering was 16 weeks, six days each week for an hour. Instead of their usual job, the benchmark group III (N=50) went through no special preparation.

Selection of Tests

The exam items for this concentration were picked following an extensive audit of writing as well as consultation with professionals, Actual Schooling Experts, and an Exploration manager. The table that follows introduces the determination tests and the measure factors.

Physical Variables

Sl. No	Test Items and tools	Variables	Criterion Measurement
01	Sit and reach	Flexibility	In seconds
02	Standing Broad jump	Muscular Strength	In meter
03	Push up test	Muscular Endurance	In rounds
04	Shuttle Run	Agility	In seconds

Physiological Variables

Sl. No	Test Items and tools	Variables	Criterion Measurement
01	12 min walk and run	Vo2 Max	Litters
02	Manual (redial pulse method)	Resting Pulse Rate	Number of counts
03	Manual readings	Breath Holding	In seconds

Psychological Variables

Sl. No	Test Items and tools	Variables	Criterion Measurement
01	Develop by Pallavi	Anxiety	Questionnaire

	Bhatnagar		
02	Develop by Z. Akthar	Stress	Questionnaire
03	Develop by G P Mathura and Dr. Rajkumari Bhatnagar	Aggression	Questionnaire

The Subjects' Direction

The agent comprehended the rationale behind the review and the significance of the preparation programme to the subjects in order to obtain their cooperation as well as reliable information. A few days were devoted demonstrating various Yogic and Oxygen Consuming Activities. Preparing refers to the preparation that occurs prior to the start of the preparation programme.

Pilot Research

The Analyst was interested in the Effect of Yogic and Vigorous Activity on Physical, Physiological, and Mental Factors of Secondary School Students. The expert picked 50 Young women subjects for the review with the ultimate goal of the pilot focus. The pre-test was timed and recorded. The Analyst was then given one month to prepare for Yogic and Vigorous Activity Preparing. The follow-up test was administered not long after a month of planning. The pre- and post-test results were examined by the Specialist. The post-test results showed significant improvement in Physical, Physiological, and Mental Factors.

Information Collection

The data was compiled by directing before and post-testing. Adaptability (Sit and Reach), Solid Strength (Standing Wide Leap), Perseverance (Push up test), and Readiness (Transport Run) are the actual factors to assess. Physiological factors used to calculate Vo2 max (12-minute walk and run) include resting heart rate (outspread pulse rate) and breath holding (manual measurements). Uncertainty (created by Pallavi Bhatnagar), Stress (created by Z. Akthar), and Hostility (created by G P Mathura and Dr. Rajkumari Bhatnagar).

ANALYSIS AND INTERPRETATION OF DATA

The accumulated data connecting with the survey has been analyzed and presented in this segment. The place of this survey was to find out the "Effect of Yogic and Lively Movement on Physical, Physiological and Mental Variables of Optional School Students". To achieve these objectives, one hundred fifty (N=150) secondary school young ladies from the Daulat Koti Government secondary school in the Vijayapura Area of the Karnataka state, India, were picked aimlessly as subjects and put in three equivalent gatherings of fifty (N=50) each. The third gathering filled in as control and took part in no extraordinary preparation. This study included two particular preparation programs: oxygen-consuming activity preparing and yogic preparation.

All of the subjects of the three social affairs were taken a stab at picked Real Factors like Serious areas of strength for flexibility, Strong Persistence, and Nimbleness. Physiological factors like breath holding, resting beat rate, and Vo2 max Mental variables, for instance, Strain, Stress, and Hostility at going before and when four months of planning as pre and post-test data independently. For every one of the chosen rule factors, the huge distinction between the changed post-test implies was resolved utilizing investigation of covariance (ANCOVA). The "F"- proportion for the changed post-test was to be huge at whatever point they got it. To test the not entirely set in stone by examination of covariance, the degree of importance was set at 0.05.

The assessment of covariance for pre-test and post-test data on the Flexibility of Yogic and High-influence Exercise planning and control packs were analyzed and presented in Table IV.

Table No. 4.1 Calculation of Investigation of Covariance of Exploratory and Control Gatherings on Adaptability

Flexibility	Test	Experimental Group-I (Yogic Exercises)	Experimental Group-II (Aerobic Exercises)	Control group-III	Source of variance	Sum of the Squares	Df	Mean squares	F-Ratio	Remarks
Pre test	Mean	15.4600	14.3600	15.1400	BG	19.194	1	19.194	1.627	NS
	SD	3.63773	2.91904	3.53415	WG	566.326	48	11.798		
Post test	Mean	26.4800	24.3600	14.5800	BG	35.612	1	35.612	3.758	S
	SD	3.16383	3.45679	3.52883	WG	454.868	48	9.476		
Adjusted Post Test Means	Mean	26.4935	24.3741	14.5822	BG	37.593	1	37.593	35.352	S
					WG	49.979	47	1.0633		

**The level of significance is 0.05

BG-Between Groups Means (Table Value for 0.05 Levels for DF 1& 48 =2.101)

WG-Within Group Means (Table Value for 0.05 Levels for DF 1& 47 =2.101)

Table No.4.1 Shows the mean, SD upsides of pre-trial of Exploratory Gathering I, Exploratory Gathering II, and control Gathering on Adaptability is seen that the mean score worth of Exploratory Gathering I, Exploratory Gathering II and control Gathering are 15.4600, 14.3600 and 15.1400 and their SD values are 3.63773, 2.91904 and 3.53415 separately.

The determined F-esteem is viewed as 1.627 at 0.05 degree of huge it is viewed as noncritical it very well may be reasoned that the Adaptability is comparable among Trial I subjects, Exploratory Gathering II subjects, and control Gathering subjects.

The mean, SD upsides of post-trial of Exploratory Gathering I, Exploratory Gathering II, and control Gathering on Adaptability. It is seen that the mean score worth of Exploratory Gathering I; Trial Gathering II and Control Gathering are 26.4800, 24.3600, and 14.5800 their SD esteem are 3.16383, 3.45679, and 3.52883 separately.

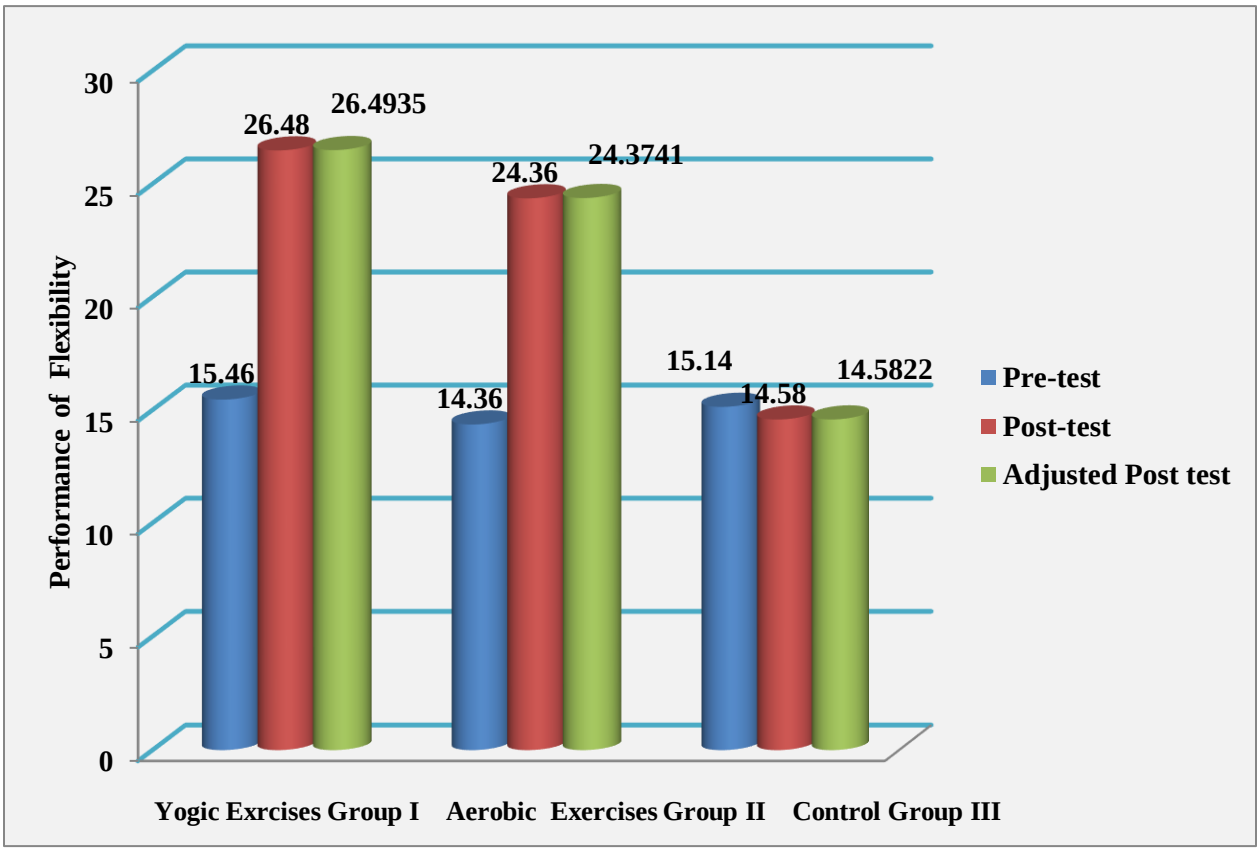
The determined F-esteem is viewed as 3.758 at 0.5 degrees of huge it is viewed as critical it tends to be reasoned that the Adaptability is viewed as tremendous contrast among Trial Gathering I subjects, Exploratory Gathering II subjects, and control Gathering subjects.

The mean upsides of changed post-trial of Exploratory Gathering I subjects, Exploratory Gathering II subjects, and control Gathering subjects on Adaptability were viewed as 26.4935, 24.3741, and 14.5822 separately.

The determined F-esteem is viewed as 35.352 at 0.05 degree of huge There is a tremendous contrast seen between Exploratory I subjects, Trial bunch II subjects, and control bunch subjects.

The Adaptability Execution has been shown in Figure 4.1 (a).

FIGURE NO 4.1 (A).BAR OUTLINE SHOWING THE PRE, POST, AND CHANGED METHOD FOR THE EXPLORATORY AND CONTROL GATHERINGS ON ADAPTABILITY.



The above figure 4.1 (a) shows that the post-test potential gains of Exploratory assembling and changed post-test essentially dealt with the display of Flexibility and the post-test potential gains of Versatility were more than the pre-test values given around four months of Yogic and Lively Movement Getting ready. There is no change in the Benchmark group's Adaptability execution before and after the test.

TABLE NO. 4.2 CALCULATION OF EXAMINATION OF COVARIANCE OF TRIAL AND CONTROL GATHERINGS ON SOLID STRENGTH

Muscular Strength	Test	Experimental Group-I (Yogic Exercises)	Experimental Group-II (Aerobic Exercises)	Control group-III	Source of variance	Sum of the Squares	Df	Mean squares	F-Ratio	Remarks
Pre test	Mean	1.4226	1.2552	1.363	BG	15.912	1	15.912	.018	NS
	SD	1.13946	23.77294	14.83300	WG	43344.088	48	903.002		
Post test	Mean	1.8736	1.7680	1.3582	BG	1352.352	1	1352.352	15.444	S
	SD	10.64791	29.74723	15.01658	WG	4203.168	48	87.566		
Adjusted Post Test Means	Mean	1.8749	1.7680	1.3582	BG	1464.422	1	1464.422	129.304	S
					WG	532.293	47	11.3253		

**The level of significance is 0.05

BG-Between Groups Means (Table Value for 0.05 Levels for DF 1& 48 =2.101)

WG-Within Group Means (Table Value for 0.05 Levels for DF 1& 47 =2.101)

On Strong Strength, the mean score worth of Test Gathering I, Exploratory Gathering II, and Control Gathering is 1.4226, 1.2552, and 1.363, respectively, and their SD values are 1.13946, 23.77294, and 14.83300 in isolation are shown in Table No.4.2.

The determined F-esteem was.018 at the 0.05 critical level, which is considered to be non-significant. Given this, it is likely that the Strong Strength of Trial I, Exploratory Gathering II, and control Gathering subjects was comparable.

The mean and standard deviation benefits of controlling Gathering on Strong Strength and Exploratory Gathering I after the trial. It can be seen that Trial Gathering I's mean score is worth; The SD esteems of the Exploratory Gathering II and Control Gathering are 1.8736, 1.7680, and 1.3582, respectively.

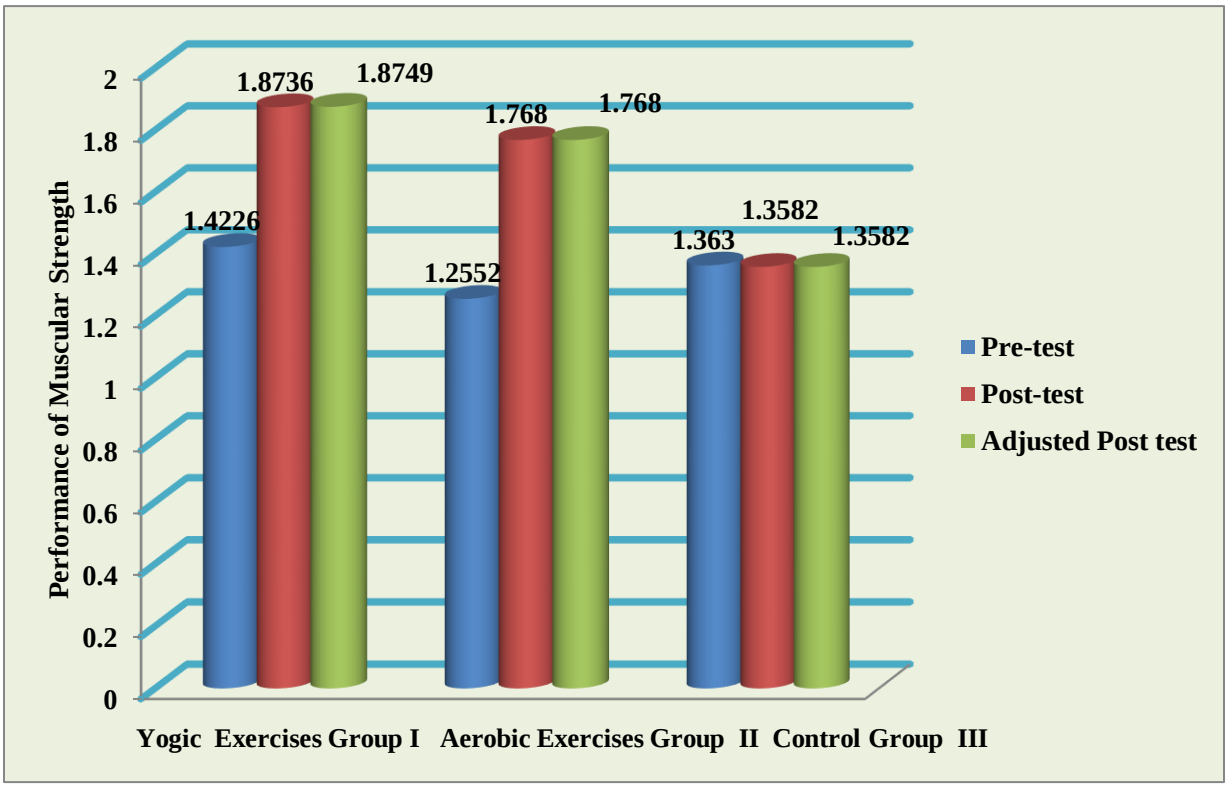
The determined F-value is considered to be 15.444 at 0.5 degrees, which is considered to be significant. It is generally assumed that the Solid Strength is considered to be the significant difference between subjects participating in Exploratory Gathering I, Trial Gathering II, and Control Gathering.

On Strong Strength viewed, the mean upsides of changed post-trial of subjects participating in exploratory gathering I, exploratory gathering II, and control gathering were 1.8749, 1.7680, and 1.3582, respectively.

With a determined F-value of 129.304 at the 0.05 level, there is a significant difference between Experimental I subjects, Trial Group II subjects, and Control Group subjects.

The Solid Strength Execution has been displayed in Figure 4.2 (a).

FIGURE NO 4.2 (A).BAR OUTLINE SHOWING THE PRE, POST, AND CHANGED METHOD FOR THE EXPLORATORY AND CONTROL GATHERINGS ON STRONG STRENGTH.



The above figure 4.2 (a) shows that the post-test potential gains of the Preliminary bundle and changed post-test dealt with the display of Strong Strength and the post-test potential gains Major areas of strength for of were more than the pre-test values in light of around four months of Yogic and Lively Movement Getting ready. The Benchmark bunch pre-test and post-test execution of Strong Strength shows no improvement.

TABLE NO. 4.3 CALCULATION OF EXAMINATION OF COVARIANCE OF EXPLORATORY AND CONTROL GATHERINGS ON SOLID PERSEVERANCE

Muscular Endurance	**Test**	**Experimental Group-I (Yogic Exercises)**	**Experimental Group-II (Aerobic Exercises)**	**Control group-III**	**Source of variance**	**Sum of the Squares**	**Df**	**Mean squares**	**F-Ratio**	**Remarks**
Pre test	Mean	13.3400	12.2000	14.9600	BG	941.121	1	941.121	1.810	NS
	SD	2.55239	1.79569	4.43989	WG	24.959	48	.520		
Post test	Mean	18.0200	17.5000	14.7200	BG	41.906	1	41.906	6.265	S
	SD	2.72172	2.92944	4.44026	WG	321.074	48	6.689		
Adjusted Post Test Means	Mean	18.0200	17.4742	14.7168	BG	151.148	1	151.148	41.017	S
					WG	173.193	47	3.6849		

**The level of significance is 0.05

BG-Between Groups Means (Table Value for 0.05 Levels for DF 1& 48 =2.101)

WG-Within Group Means (Table Value for 0.05 Levels for DF 1& 47 =2.101)

Table No.4.3 Shows the mean, SD upsides of pre-trial of Exploratory Gathering I, Exploratory Gathering II, and control Gathering on Strong Perseverance is seen that the mean score worth of Trial Gathering I, Test Gathering II and control Gathering are 13.3400, 12.2000 and 14.9600 and their SD values are 2.55239, 1.79569 and 4.43989 separately.

The determined F-esteem is viewed as 1.810 at 0.05 degrees of huge it is viewed as non-critical. In this manner it tends to be reasoned that the Strong Perseverance is viewed as comparative among Trial I subjects, Exploratory Gathering II subjects, and control Gathering subjects.

The mean, SD upsides of post-trial of Exploratory Gathering I, Exploratory Gathering II, and control Gathering on Strong Perseverance. It is seen that the mean score worth of Exploratory Gathering I; Trial Gathering II and Control Gathering are 18.0200, 17.5000, and 14.7200 their SD esteem are 2.72172, 2.92944, and 4.44026 separately.

The determined F-esteem is viewed as 6.265 at 0.5 degrees of huge it is viewed as critical it tends to be reasoned that Solid Perseverance is viewed as tremendous contrast among Trial Gathering I subjects, Exploratory Gathering II subjects, and control Gathering subjects.

The mean upsides of changed post-trial of Exploratory Gathering I subjects, Exploratory Gathering II subjects, and control Gathering subjects on Strong Perseverance viewed as 18.0200, 17.4742, and 14.7168 separately.

The determined F-esteem viewed as 41.017 at 0.05 degree of huge there is a tremendous distinction seen between Exploratory I subjects, Trial bunch II subjects, and control bunch subjects.

The Strong Perseverance Execution has been shown in Figure 4.3 (a).

FIGURE NO 4.3 (A).BAR OUTLINE SHOWING THE PRE, POST, AND CHANGED METHOD FOR THE TRIAL AND CONTROL GATHERINGS ON STRONG PERSEVERANCE.

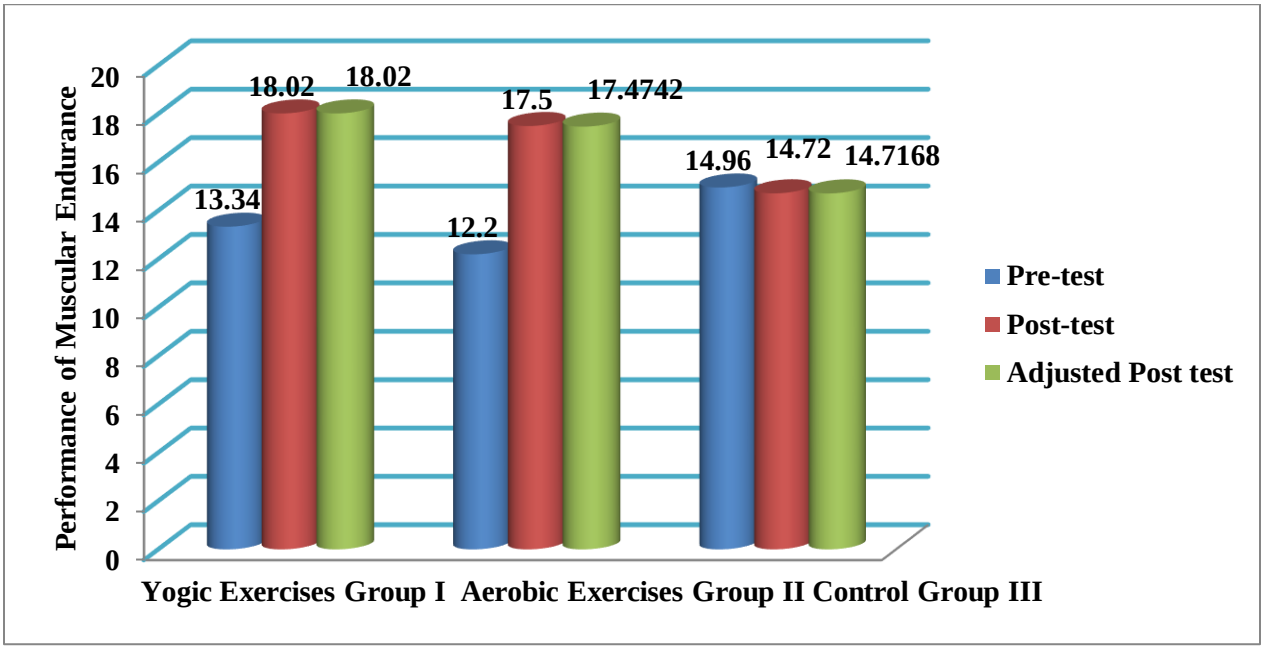


Figure 4.3 (a) demonstrates that approximately four months of yogic and oxygen-consuming activity preparation resulted in the post-test advantages of Strong Perseverance being higher than the pre-test values, while the advantages of Exploratory gathering and changed post-test primarily depended on the display of Solid Perseverance. Solid Perseverance's Benchmark group pre- and post-test executions show no improvement.

TABLE NO. 4.4 CALCULATION OF EXAMINATION OF COVARIANCE OF TEST AND CONTROL GATHERINGS ON DEXTERITY

Agility	Test	Experimental Group-I (Yogic Exercises)	Experimental Group-II (Aerobic Exercises)	Control group-III	Source of variance	Sum of the Squares	Df	Mean squares	F-Ratio	Remarks
Pre test	Mean	49.1200	51.2800	50.2600	BG	4.068	1	4.068	.025	NS
	SD	8.32415	9.75211	10.78512	WG	7687.612	48	160.159		
Post test	Mean	30.0800	31.8600	49.9600	BG	1898.537	1	1898.537	31.109	S
	SD	12.52889	10.31743	9.92618	WG	2929.383	48	61.029		
Adjusted Post Test Means	Mean	30.1522	31.8760	49.9686	BG	19100.429	1	19100.429	295.258	S
					WG	3040.451	47	64.69044		

**The level of significance is 0.05

BG-Between Groups Means (Table Value for 0.05 Levels for DF 1& 48 =2.101)

WG-Within Group Means (Table Value for 0.05 Levels for DF 1& 47 =2.101)

Table No.4.4 Shows the mean, SD potential gains of pre-preliminary of Exploratory Social occasion I, Preliminary Get-together II, and control Social occasion on Availability is seen that the mean score worth of Preliminary Social affair I, Preliminary Social occasion II and control Get-together are 49.1200, 51.2800, and 50.2600 and their SD values are 8.32415, 9.75211 and 10.78512 independently.

The determined F-esteem is considered to be noncritical at a magnitude of 0.05, indicating that the readiness of Exploratory I, Trial Gathering II, and control Gathering subjects is considered to be comparable.

The mean, SD potential gains of post-preliminary of Exploratory Social event I, Preliminary Get-together II, and control Get-together on Preparation. It can be seen that Exploratory Gathering I's mean score is worth; Preliminary Social Occasion II and Control Get-together are 30.0800, 31.8600, and 49.9600 their SD regard are 12.52889, 10.31743, and 9.92618 independently.

The decided F-regard is seen as 31.109 at 0.5 level of tremendous it is seen as basic it might be contemplated that the Deftness is seen as gigantic differentiation among Exploratory Social event I subjects, Preliminary Get-together II subjects, and control Social affair subjects.

The mean potential gains of changed post-preliminary of Exploratory Get-together I subjects, Exploratory Social event II subjects, and control Get-together subjects on Agility were considered 30.1522, 31.8760, and 49.9686 independently.

At the 0.05 level of criticality, the determined F-value is thought to be 295.258. There is a significant difference between Trial I subjects, Exploratory Gathering II subjects, and control bunch subjects.

Figure 4.4 (a) depicts the Dexterity Execution.

FIGURE 4.4 (A): A BAR DIAGRAM DISPLAYING THE EXPERIMENTAL AND CONTROL GROUP AGILITY'S PRE, POST, AND ADJUSTED MEANS

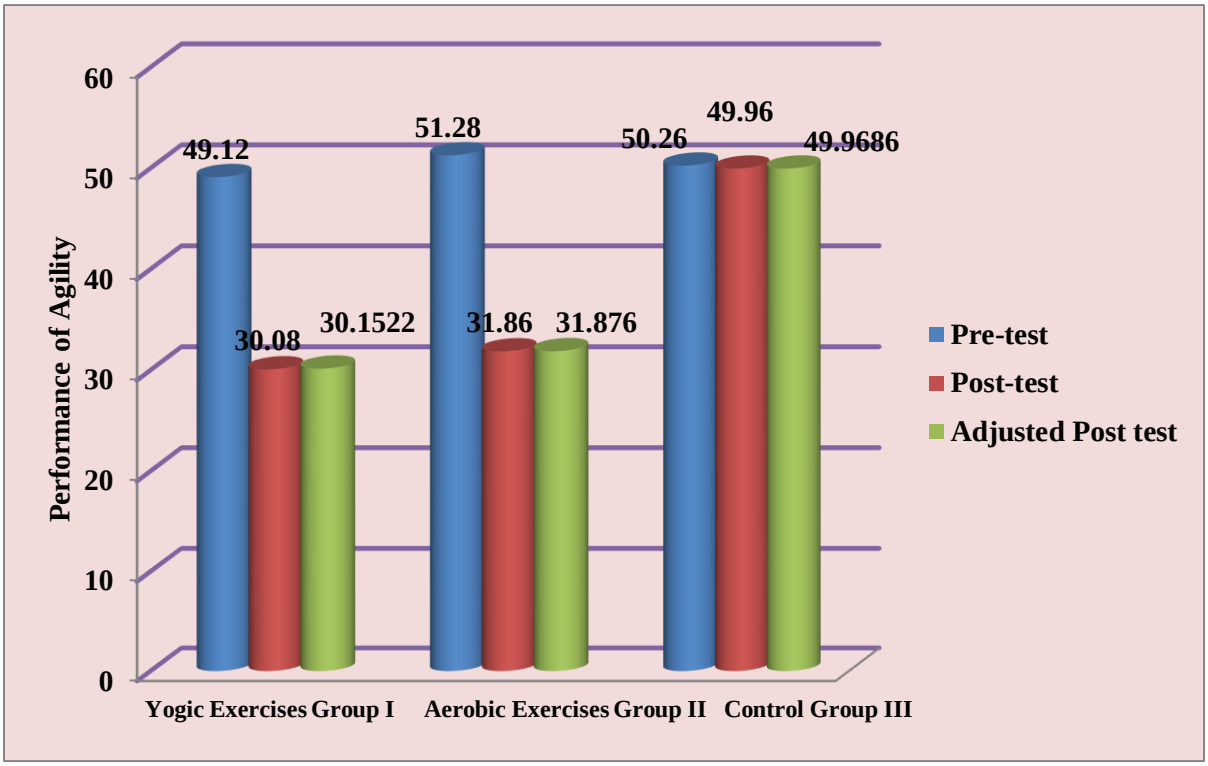


Figure 4.4 (a) shows that the trial gathering's and the changed gathering's post-test esteems fundamentally further developed nimbleness execution and that Dexterity's post-test values were lower than the pre-test values because of about four months of yoga and high-impact practice preparing. Spryness execution in the Benchmark groups both when the test shows no improvement.

TABLE NO. 4.5 CALCULATION OF EXAMINATION OF COVARIANCE OF EXPLORATORY AND CONTROL GATHERINGS ON VO2 MAX

Vo2 Max	Test	Experimental Group-I (Yogic Exercises)	Experimental Group-II (Aerobic Exercises)	Control group-III	Source of variance	Sum of the Squares	Df	Mean squares	F-Ratio	Remarks
Pre test	Mean	30.3302	28.2493	27.3105	BG	25.640	1	25.640	.268	NS
	SD	7.38739	3.30297	3.69713	WG	4594.950	48	95.728		
Post test	Mean	35.8940	37.1561	26.5374	BG	133.253	1	133.253	43.515	S
	SD	9.71070	9.42154	2.39148	WG	146.987	48	3.062		
Adjusted Post Test Means	Mean	35.9305	37.1777	26.6925	BG	134.149	1	134.149	42.6362	S
					WG	147.879	47	3.1463		

**The level of significance is 0.05

BG-Between Groups Means (Table Value for 0.05 Levels for DF 1& 48 =2.101)

WG-Within Group Means (Table Value for 0.05 Levels for DF 1& 47 =2.101)

Table No.4.5 Shows the mean, SD upsides of pre-trial of Exploratory Gathering I, Test Gathering II and control Gathering on Vo2 Max is seen that mean score worth of Trial Gathering I, Exploratory Gathering II and control Gathering are 30.3302, 28.2493 and 27.3105 and their SD values are 7.38739, 3.30297 and 3.69713 separately.

The determined F-esteem viewed as .268 at 0.05 degree of critical it is viewed as non huge it very well may be presumed that the Vo2 Max viewed as comparable among Trial I subjects, Exploratory Gathering II subjects and control Gathering subjects.

The mean, SD upsides of post-trial of Exploratory Gathering I, Test Gathering II, and control Gathering on Vo2 Max. It is seen that the mean score worth of Exploratory Gathering I; Trial

Gathering II and Control Gathering are 35.8940, 37.1561, and 26.5374 their SD esteem are 9.71070, 9.42154, and 2.39148 separately.

The determined F-esteem is viewed as 43.515 at 0.5 degrees of critical it is viewed as huge it very well may be reasoned that the Vo2 Max is viewed as a massive distinction between Exploratory Gathering I subjects, Trial Gathering II subjects, and control Gathering subjects.

The mean upsides of changed post-trial of Exploratory Gathering I subjects, Test Gathering II subjects, and control Gathering subjects on Vo2 Max were viewed as 35.9305, 37.1777, and 26.6925 separately.

The determined F-esteem is viewed as 42.6362 at 0.05 degree of critical There is a huge distinction seen between Exploratory I subjects, Trial bunch II subjects, and control bunch subjects.

The Vo2 Max Execution has been shown in Figure 4.5 (a).

FIGURE NO 4.5 (A).BAR GRAPH SHOWING THE PRE, POST, AND CHANGED METHOD FOR THE TRIAL AND CONTROL GATHERINGS ON VO2 MAX.

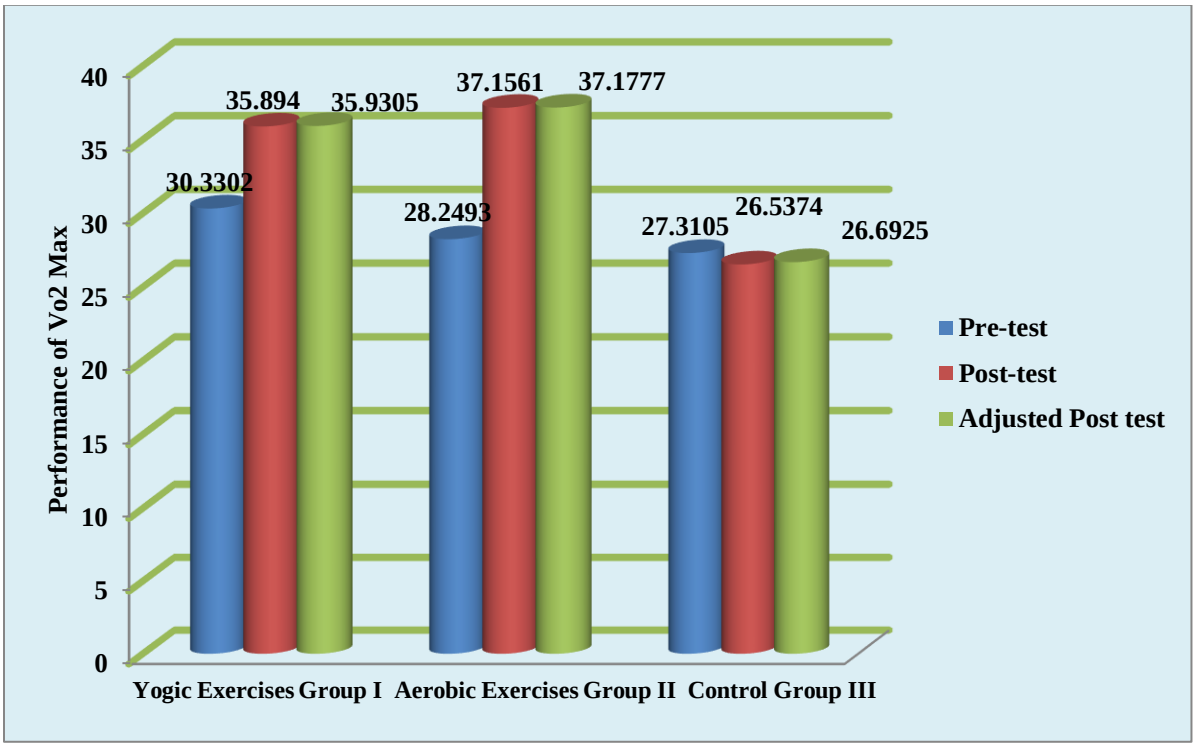


Figure 4.5 (a) demonstrates that approximately four months of yogic and high-impact exercise preparation resulted in post-test upsides of VO2 Max that were higher than the pre-test values. These post-test upsides were primarily dependent on the display of VO2 Max. The Benchmark bunch pre-test and post-test execution of VO2 Max shows no improvement.

TABLE NO. 4.6 CALCULATION OF EXAMINATION OF COVARIANCE OF TEST AND CONTROL GATHERINGS ON RESTING HEARTBEAT RATE

Resting Pulse rate	Test	Experimental Group-I (Yogic Exercises)	Experimental Group-II (Aerobic Exercises)	Control group-III	Source of variance	Sum of the Squares	Df	Mean squares	F-Ratio	Remarks
Pre test	Mean	87.8400	87.3000	85.5200	BG	9.344	1	9.344	.127	NS
	SD	5.94656	3.81859	9.29393	WG	3545.236	48	73.859		
Post test	Mean	66.7800	65.2200	85.7000	BG	246.533	1	246.533	4.341	S
	SD	8.51719	7.78877	9.26536	WG	2726.047	48	56.793		
Adjusted Post Test Means	Mean	66.7925	65.1822	85.7040	BG	248.444	1	248.444	4.1129	S
					WG	2839.058	47	60.4054		

**The level of significance is 0.05

BG-Between Groups Means (Table Value for 0.05 Levels for DF 1& 48 =2.101)

WG-Within Group Means (Table Value for 0.05 Levels for DF 1& 47 =2.101)

Table No.4.6 Shows the mean, SD upsides of pre-trial of Exploratory Gathering I, Trial Gathering II, and control Gathering on Resting Heartbeat rate is seen that the mean score worth of Exploratory Gathering I, Test Gathering II and control Gathering are 87.8400, 87.3000 and 85.5200 and their SD values are 5.94656, 3.81859 and 9.29393 separately.

The determined F-esteem is viewed as .127 at 0.05 degree of critical it is viewed as non huge it tends to be reasoned that the Resting Heartbeat rate is viewed as comparative among Exploratory I subjects Trial Gathering II subjects, and control Gathering subjects.

The mean, SD upsides of post-trial of Exploratory Gathering I, Trial Gathering II, and control Gathering on Resting Heartbeat rate. It is seen that the mean score worth of Exploratory Gathering I; Trial Gathering II and Control Gathering are 66.7800, 65.2200, and 85.7000 their SD esteem are 8.51719, 7.78877, and 9.26536 separately.

The determined F-esteem is viewed as 4.341 at 0.5 degrees of huge it is viewed as critical it tends to be reasoned that the Resting Heartbeat rate is viewed as tremendous contrast among Exploratory Gathering I subjects, Trial Gathering II subjects, and control Gathering subjects.

The mean upsides of changed post-trial of Exploratory Gathering I subjects, Trial Gathering II subjects, and control Gathering subjects on Resting Heartbeat rate viewed as 66.7925, 65.1822, and 85.7040 separately.

The determined F-esteem is viewed as 4.1129 at 0.05 degree of critical There is a huge distinction seen between Exploratory I subjects, Trial bunch II subjects, and control bunch subjects.

The Resting Heartbeat rate Execution has been shown in Figure 4.6 (a).

FIGURE NO 4.6 (A).BAR GRAPH SHOWING THE PRE, POST, AND CHANGED METHOD FOR THE EXPLORATORY AND CONTROL GATHERINGS ON RESTING HEARTBEAT RATE.

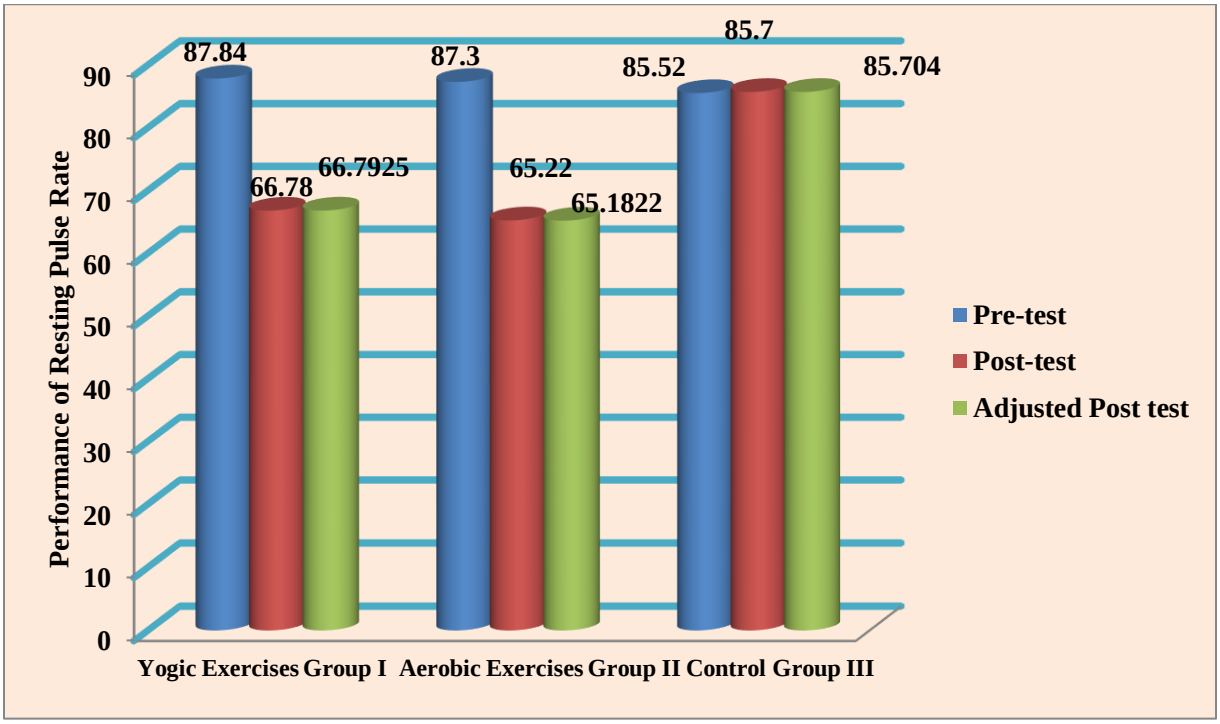


Figure 4.6 (a) shows that following four months of yogic and vigorous activity preparation, the post-test upsides of the exploratory gathering and the changed post-test fundamentally worked on the presentation of the resting beat rate. Furthermore, the post-test upsides of the resting beat rate were lower than the pre-test values. The Benchmark bunch pre-test and post-test executions of Resting Heartbeat rate show no improvement.

TABLE NO. 4.7 COMPUTATION OF ANALYSIS OF COVARIANCE OF EXPERIMENTAL AND CONTROL GROUPS ON BREATH HOLDING

Breath Holding	Test	Experimental Group-I (Yogic Exercises)	Experimental Group-II (Aerobic Exercises)	Control group-III	Source of variance	Sum of the Squares	Df	Mean squares	F-Ratio	Remarks
Pre test	Mean	42.5600	46.6600	50.5000	BG	5.634	1	5.634	.052	NS
	SD	9.18775	9.60784	20.58754	WG	5210.386	48	108.550		
Post test	Mean	45.4600	52.4800	50.2000	BG	819.502	1	819.502	25.072	S
	SD	6.98164	10.08179	20.33595	WG	1568.918	48	32.686		
Adjusted Post Test Means	Mean	45.5300	52.4693	50.2003	BG	947.712	1	947.712	27.174	S
					WG	1639.1027	47	34.8745		

**The level of significance is 0.05

BG-Between Groups Means (Table Value for 0.05 Levels for DF 1& 48 =2.101)

WG-Within Group Means (Table Value for 0.05 Levels for DF 1& 47 =2.101)

Table No.4.7 Shows the mean, SD upsides of pre-trial of Exploratory Gathering I, Test Gathering II and control Gathering on Breath Holding is seen that mean score worth of Trial Gathering I, Trial Gathering II and control Gathering are 42.5600, 46.6600 and 50.5000 and their SD values are 9.18775, 9.60784 and 20.58754 separately.

The determined F-esteem viewed as .052 at 0.05 degree of critical it is viewed as non huge it very well may be reasoned that the Breath Holding viewed as comparable among Exploratory I subjects, Trial Gathering II subjects and control Gathering subjects.

The mean, SD upsides of post-trial of Exploratory Gathering I, Test Gathering II and control Gathering on Breath Holding. It is seen that mean score worth of Trial Gathering I; Exploratory

Gathering II and control Gathering are 45.4600, 52.4800 and 50.2000 their SD esteem are 6.98164, 10.08179 and 20.33595 separately.

The determined F-esteem viewed as 25.072 at 0.5 degree of critical it is viewed as huge it very well may be presumed that the Breath Holding viewed as massive contrast among Trial Gathering I subjects, Exploratory Gathering II subjects and control Gathering subjects.

The mean upsides of changed post-trial of Exploratory Gathering I subjects, Test Gathering II subjects and control Gathering subjects on Breath Holding viewed as 45.5300, 52.4693 and 50.2003 separately.

The determined F-esteem viewed as 27.174 at 0.05 degree of critical there is a tremendous distinction is seen between Trial I subjects, Exploratory gathering II subjects and control bunch subjects.

The Breath Holding Execution has been shown in figure 4.7 (a).

FIGURE NO 4.7 (A).BAR GRAPH SHOWING THE PRE, POST, AND CHANGED METHOD FOR THE EXPLORATORY AND CONTROL GATHERINGS ON BREATH HOLDING.

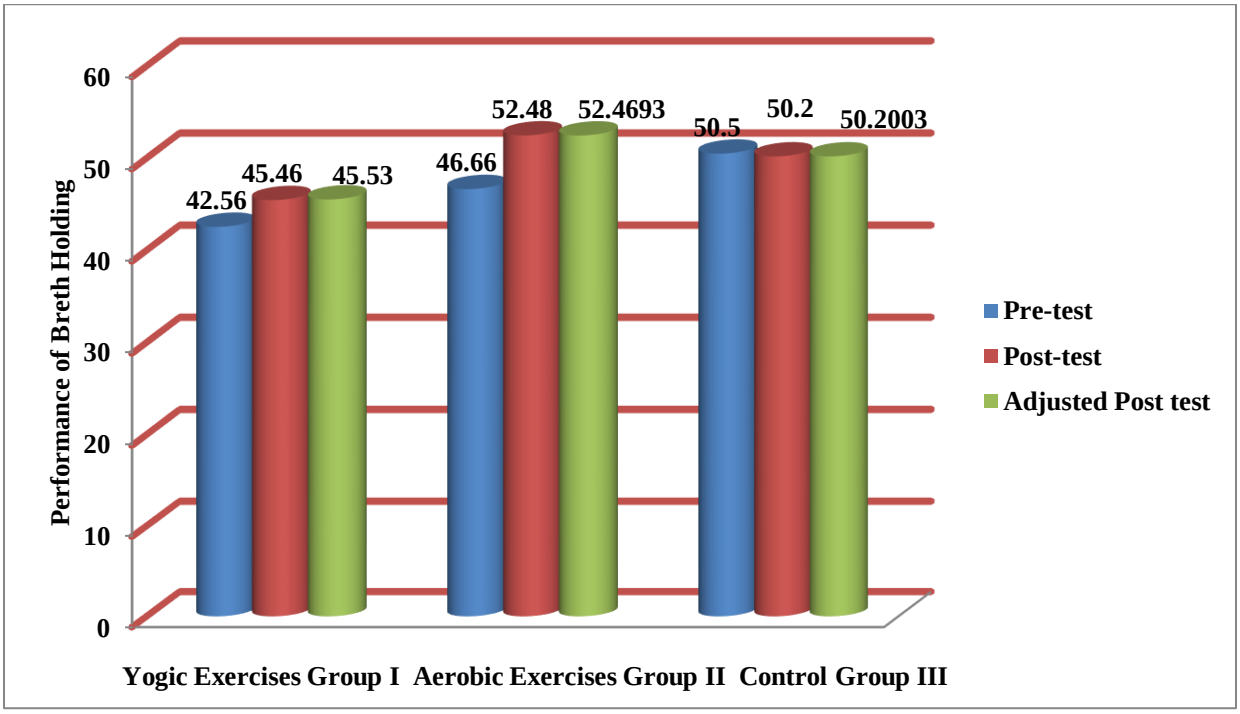


Figure 4.7 (a) shows that after about four months of yogic and vigorous activity preparation, the post-test upsides of the Trial group and the modified post-test largely depended on the display of breath holding. Additionally, the post-test upsides of breath holding were higher than the pre-test values. The Benchmark bunch pre-test and post-test execution of Breath Holding shows no improvement.

TABLE NO. 4.8 COMPUTATION AND INVESTIGATION OF THE NERVOUSNESS COVARIANCE BETWEEN THE EXPLORATORY AND CONTROL GATHERINGS

Anxiety	Test	Experimental Group-I (Yogic Exercises)	Experimental Group-II (Aerobic Exercises)	Control group-III	Source of variance	Sum of the Squares	Df	Mean squares	F-Ratio	Remarks
Pre test	Mean	14.9600	13.6000	15.9400	BG	121.426	1	121.426	1.379	NS
	SD	4.52187	4.29523	4.11771	WG	4228.079	48	88.085		
Post test	Mean	12.3000	11.0600	16.1800	BG	791.648	1	791.648	718.978	S
	SD	4.15147	3.90923	4.02386	WG	52.852	48	1.101		
Adjusted Post Test Means	Mean	12.3065	11.0688	16.1802	BG	673.543	1	673.543	611.814	S
					WG	51.742	47	1.1008		

**The level of significance is 0.05

BG-Between Groups Means (Table Value for 0.05 Levels for DF 1& 48 =2.101)

WG-Within Group Means (Table Value for 0.05 Levels for DF 1& 47 =2.101)

Table No.4.8 Shows the mean, SD upsides of pre-trial of Exploratory Gathering I, Trial Gathering II, and control Gathering on Nervousness is seen that the mean score worth of Exploratory Gathering I, Test Gathering II, and control Gathering are 14.9600, 13.6000 and 15.9400 and their SD values are 4.52187, 4.29523 and 4.11771 separately.

The determined F-esteem is viewed as 1.379 at 0.05 degree of huge it is viewed as noncritical it very well may be reasoned that the Nervousness is viewed as comparative among Exploratory I subjects, Trial Gathering II subjects, and control Gathering subjects.

The mean, SD upsides of post-trial of Exploratory Gathering I, Test Gathering II, and control Gathering on Tension. It is seen that the mean score worth of Exploratory Gathering I; Trial Gathering II and Control Gathering are 12.3000, 11.0600, and 16.1800 their SD esteem are 4.15147, 3.90923, and 4.02386 separately.

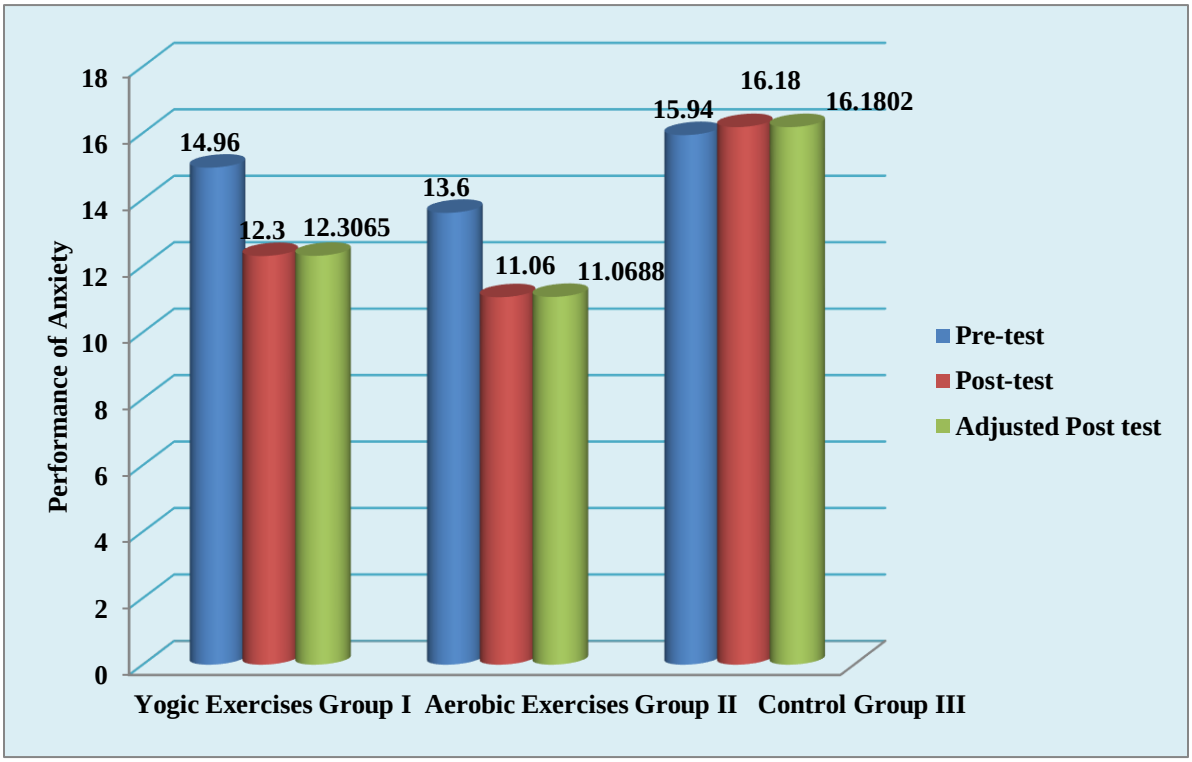
The determined F-esteem is viewed as 718.978 at 0.5 degrees of huge it is viewed as critical it very well may be reasoned that the Nervousness is viewed as massive contrast among Trial Gathering I subjects Exploratory Gathering II subjects, and control Gathering subjects.

The mean upsides of changed post-trial of Exploratory Gathering I subjects, Trial Gathering II subjects, and control Gathering subjects on Nervousness were viewed as 12.3065, 11.0688, and 16.1802 separately.

The determined F-esteem is viewed as 611.814 at 0.05 degree of huge There is a tremendous contrast seen between Exploratory I subjects, Trial bunch II subjects, and control bunch subjects.

The Nervousness Execution has been shown in Figure 4.8 (a).

FIGURE NO 4.8 (A).BAR OUTLINE SHOWING THE PRE, POST, AND CHANGED METHOD FOR THE TRIAL AND CONTROL GATHERINGS ON TENSION.



The above figure 4.8 (a) demonstrates that the post-test upsides of Exploratory gathering and changed post-test essentially worked on the exhibition of Uneasiness and the post-test upsides of Nervousness were not exactly the pre-test values because of about four months of Yogic and Oxygen consuming Activity Preparing. The Benchmark group pre-test and post-test execution of Uneasiness shows no improvement.

TABLE NO. 4.9 CALCULATION OF INVESTIGATION OF COVARIANCE OF TRIAL AND CONTROL GATHERINGS ON PRESSURE

Stress	Test	Experimental Group-I (Yogic Exercises)	Experimental Group-II (Aerobic Exercises)	Control Group-III	Source of variance	Sum of the Squares	Df	Mean squares	F-Ratio	Remarks
Pre test	Mean	31.7800	28.6000	31.6200	BG	593.995	1	593.995	1.762	NS
	SD	7.23735	6.92231	6.47094	WG	16.185	48	.337		
Post test	Mean	21.8600	20.0600	32.2400	BG	355.168	1	355.168	12.502	S
	SD	6.23686	5.92266	6.48565	WG	1363.652	48	28.409		
Adjusted Post Test Means	Mean	21.8757	20.0694	32.2479	BG	347.173	1	347.173	13.016	S
					WG	1253.577	47	26.671		

**The level of significance is 0.05

BG-Between Groups Means (Table Value for 0.05 Levels for DF 1& 48 =2.101)

WG-Within Group Means (Table Value for 0.05 Levels for DF 1& 47 =2.101)

Table No. 4.9 displays the mean and standard deviation of the pre-trial scores for Experimental Gathering I, Experimental Gathering II, and Control Gathering on Pressure. It can be seen that the mean scores for Experimental Gathering I, Experimental Gathering II, and Control Gathering are 31.7800, 28.6000, and 31.6200, respectively, and their standard deviations are 7.23735, 6.92231 and 6.47094 in isolation.

The decided F-regard is seen as 1.762 at 0.05 level of basic it is seen as non colossal it will in general be contemplated that the Tension is seen as tantamount among Exploratory I subjects Preliminary Social occasion II subjects, and control Get-together subjects.

Post-trial advantages of Exploratory Gathering I, Test Gathering II, and Control Gathering on Pressure in terms of mean and standard deviation It can be seen that Trial Gathering I's mean

score is worth; The SD values of the Exploratory Gathering II and Control Gathering are 21.8600, 20.0600, and 32.2400, respectively.

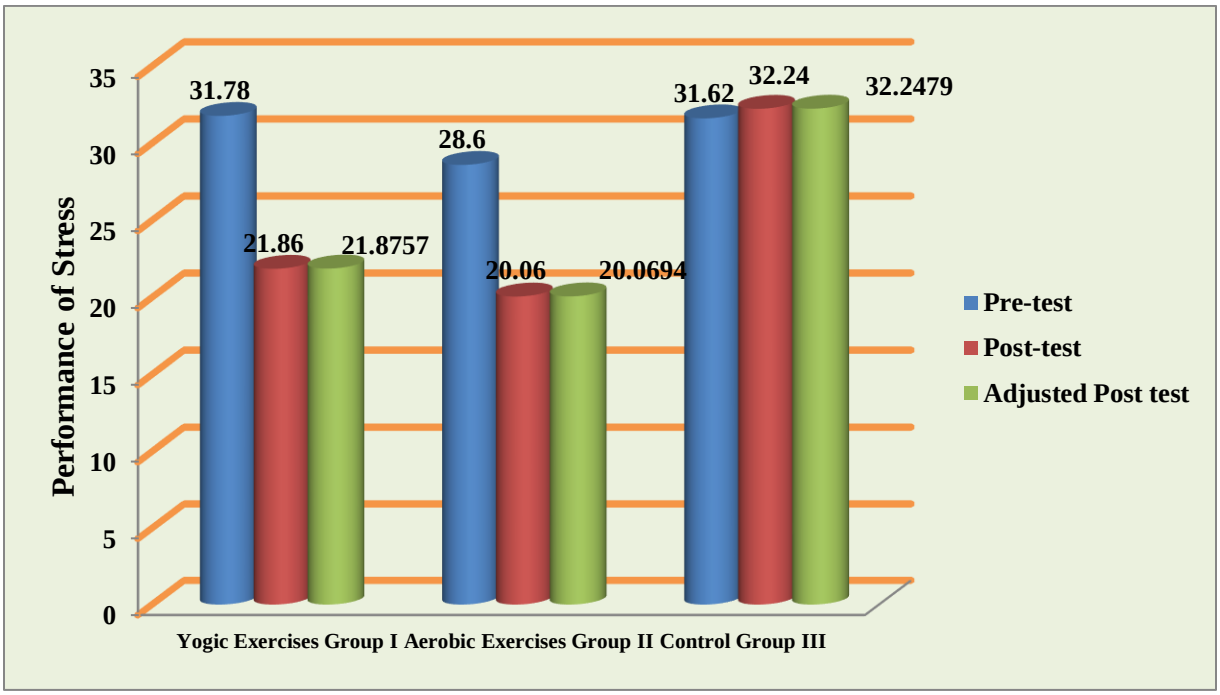
The determined F-value, which is deemed to be 12.502 at 0.5 degrees of critical, is regarded as significant, leading one to conclude that the Pressure is regarded as a significant difference between subjects participating in Experimental Gathering I, Trial Gathering II, and Control Gathering.

The mean potential gains of changed post-preliminary of Exploratory Social Occasion I subjects, Preliminary Get-together II subjects, and control Social affair subjects on Strain were considered to be 21.8757, 20.0694, and 32.2479 independently.

The decided F-regard is seen as 13.016 at 0.05 level of basic there is a tremendous difference seen between Exploratory I subjects, Preliminary bundle II subjects, and control pack subjects.

The Tension Execution has been displayed in Figure 4.9 (a).

FIGURE NO 4.9 (A).BAR OUTLINE SHOWING THE PRE, POST, AND CHANGED METHOD FOR THE TRIAL AND CONTROL GATHERINGS ON PRESSURE.



The above figure 4.9 (a) shows that the post-test upsides of Exploratory gathering and changed post-test essentially worked on the exhibition of Stress the post-test upsides of Stress were not exactly the pre-test values because of about four months of Yogic and Vigorous Activity Preparing. The Benchmark group pre-test and post-test execution of Stress shows no improvement.

TABLE NO. 4.10 CALCULATION OF INVESTIGATION OF COVARIANCE OF TEST AND CONTROL GATHERINGS ON ANIMOSITY

Aggression	Test	Experimental Group-I (Yogic Exercises)	Experimental Group-II (Aerobic Exercises)	Control group-III	Source of variance	Sum of the Squares	Df	Mean squares	F-Ratio	Remarks
Pre test	Mean	77.7000	75.6800	76.8800	BG	6.892	1	6.892	.800	NS
	SD	20.02167	23.35218	21.17627	WG	413.608	48	8.617		
Post test	Mean	66.6000	62.1600	77.1000	BG	6067.501	1	6067.501	16.983	S
	SD	21.76685	24.16133	21.07930	WG	17148.499	48	357.260		
Adjusted Post Test Means	Mean	66.5984	62.1737	77.1043	BG	829.687	1	829.687	19.1204	S
					WG	2039.459	47	43.3927		

**The level of significance is 0.05

BG-Between Groups Means (Table Value for 0.05 Levels for DF 1& 48 =2.101)

WG-Within Group Means (Table Value for 0.05 Levels for DF 1& 47 =2.101)

Table No.4.10 Shows the mean, SD upsides of pre-trial of Exploratory Gathering I, Trial Gathering II, and control Gathering on Animosity is seen that the mean score worth of Trial Gathering I, Trial Gathering II and control Gathering are 77.7000, 75.6800, and 76.8800 and their SD values are 20.02167, 23.35218 and 21.17627 separately.

The determined F-esteem is viewed as .800 at 0.05 degree of huge it is viewed as noncritical it very well may be presumed that the Animosity is viewed as comparable among Trial I subjects, Exploratory Gathering II subjects, and control Gathering subjects.

The mean, SD upsides of post-trial of Exploratory Gathering I, Test Gathering II, and control Gathering on Hostility. It is seen that the mean score worth of Exploratory Gathering I; Trial Gathering II and Control Gathering are 66.6000, 62.160, and 77.1000 their SD esteem are 21.76685, 24.16133, and 21.07930 separately.

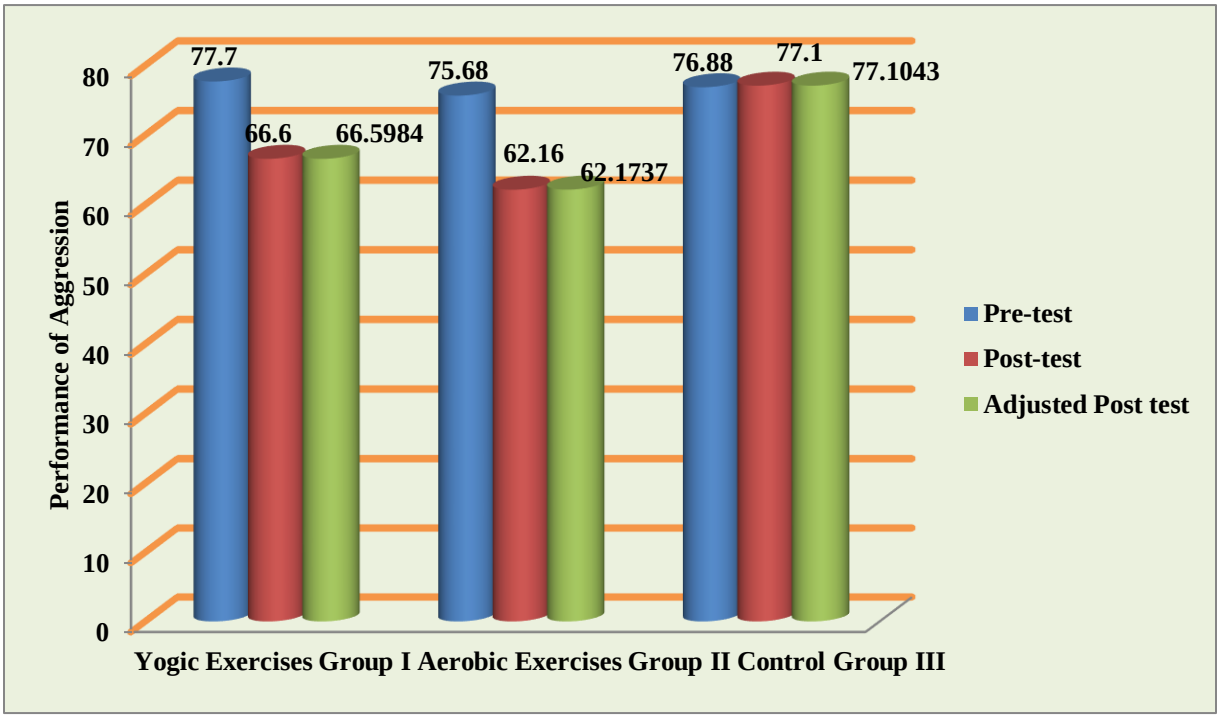
The determined F-esteem is viewed as 16.983 at 0.5 degrees of huge it is viewed as critical it very well may be presumed that the Animosity is viewed as tremendous distinction among Exploratory Gathering I subjects, Trial Gathering II subjects, and control Gathering subjects.

The mean upsides of changed post-trial of Exploratory Gathering I subjects, Trial Gathering II subjects, and control Gathering subjects on Hostility viewed as 66.5984, 62.1737, and 77.1043respectively.

The determined F-esteem is viewed as 19.1204 at 0.05 degree of critical There is a tremendous contrast seen between Trial I subjects, Exploratory Gathering II subjects, and control bunch subjects.

The Hostility Execution has been shown in Figure 4.10 (a).

FIGURE NO 4.10 (A).BAR OUTLINE SHOWING THE PRE, POST, AND CHANGED METHOD FOR THE TRIAL AND CONTROL GATHERINGS ON HOSTILITY.



The above figure 4. 10 (a) demonstrates that the post-test upsides of the Trial bunch and changed post-test fundamentally worked on the exhibition of Hostility and the post-test upsides of Hostility were not exactly the pre-test values because of about four months of Yogic and High-impact Exercise Preparing. The Benchmark group pre-test and post-test execution of Hostility show no improvement.

Conversation of Theory

The examination speculation explanation expressed that four months of Impact of Yogic and Oxygen consuming Activities preparing works on the exhibition of the "Impact of Yogic and Vigorous Activity on Physical, Physiological and Mental and Factors of Secondary School Understudies". The assertion of the exploration speculation concurs with the outcomes, subsequently, the speculation was acknowledged.

The First Speculation articulation expressed that four months of Yogic and Vigorous Activity preparing works on the exhibition of the Adaptability for Secondary School Understudies. The assertion of the exploration speculation concurs with the outcomes, thus, the theory was acknowledged.

The Second Speculation explanation expressed that four months of Yogic and Oxygen consuming Activity preparing works on the exhibition of the Solid Strength for Secondary School Understudies. The assertion of the exploration speculation concurs with the outcomes, consequently, the speculation was acknowledged.

The Third Speculation explanation expressed that four months of Yogic and Vigorous Activity preparing works on the exhibition of the Strong Perseverance for Secondary School Understudies. The assertion of the examination speculation concurs with the outcomes, consequently, the theory was acknowledged.

The Fourth Speculation explanation expressed that four months of Yogic and Vigorous Activity preparing works on the exhibition of the Spryness for Secondary School Understudies. The assertion of the examination speculation concurs with the outcomes, consequently, the theory was acknowledged.

The Fifth Speculation explanation expressed that four months of Yogic and Oxygen consuming Activity preparing works on the exhibition of the Vo2 Max for Secondary School Understudies. The assertion of the examination speculation concurs with the outcomes, consequently, the theory was acknowledged.

The Sixth Speculation explanation expressed that four months of Yogic and Vigorous Activity preparing works on the exhibition of the Resting Heartbeat rate for Secondary School

Understudies. The assertion of the examination speculation concurs with the outcomes, thus, the theory was acknowledged.

The seventh Speculation explanation expressed that four months of Yogic and Oxygen consuming Activity preparing works on the exhibition of the Compartment Holding for Secondary School Understudies. The assertion of the exploration speculation concurs with the outcomes, subsequently, the theory was acknowledged.

The Eighth Speculation explanation expressed that four months of Yogic and Oxygen consuming Activity preparing works on the exhibition of the Tension for Secondary School Understudies. The assertion of the examination speculation concurs with the outcomes, thus, the theory was acknowledged.

The Ninth Speculation explanation expressed that four months of Yogic and Oxygen consuming Activity preparing works on the exhibition of the Pressure for Secondary School Understudies. The assertion of the exploration speculation concurs with the outcomes, consequently, the theory was acknowledged.

The Tenth Speculation Proclamation expressed that four months of Yogic and Oxygen consuming Activity preparing works on the presentation of the Animosity for Secondary School Understudies. The assertion of the exploration speculation concurs with the outcomes, thus, the speculation was acknowledged.

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The reason for the review was to research "Impact of Yogic and Oxygen Consuming Activity on Physical, Physiological and Mental Factors of Secondary School Understudies".

The analyst chose Adaptability, Solid Strength, Strong Perseverance, and Deftness for Actual Factors, Vo2 Max, and Resting Heartbeat Rate, Compartment Holding for Physiological Factors and Nervousness, and Stress Animosity for Mental Factors.

Four months of Yogic and Vigorous Activities Preparing were given to 150 Secondary School Understudies subjects before preparing the specialist-directed pre-test execution on Physical, Physiological, and Mental Factors. The exhibition of the pre-test was recorded. After the four months of Yogic and Oxygen consuming Activities Preparing the post-test execution was recorded on Physical, Physiological, and Mental execution. The after-effect of the post-test execution shows critical improvement.

Conclusions

Given the discoveries, the accompanying ends were drawn from the current review.

- Four months of Yogic Activities have shown critical enhancement for the Physical, Physiological, and mental execution variables of the subjects.
- Four months of Vigorous Activities has shown huge enhancement for the Physical, Physiological, and mental execution variables of the subjects.
- Yogic and High-impact Activities Preparing has shown huge enhancement for the Physical, Physiological, and Mental execution variables of the subjects.

Recommendations

- Given the consequence of the review, the accompanying proposals were drawn by the specialist.
- The consequence of the review might help the actual schooling educators to further develop the Physical, Physiological, and Mental exhibition variable of the understudies.

- Mentors can use the result of the concentrate in their normal preparation program.
- Comparative review might be directed to analyze the impact of yogic and Oxygen consuming Activities Preparing on Physical, Physiological, and Mental execution factors for the different age gatherings.
- Further, the comparative examination might be embraced by thinking about Young men Understudies as subjects.
- Proceeds and normal yogic and Vigorous Activities Preparing program, in a coordinated way, must be recommended for periodic members to get wanted brings about their wellbeing related wellness.
- Comparative review might be led on Public and Global competitors.
- Comparative review might be directed at country region Young men and young ladies younger students.
- For the improvement of Physical, Physiological, and Mental execution yogic and High-impact Activities Preparing the project might be remembered for the Actual training educational program.